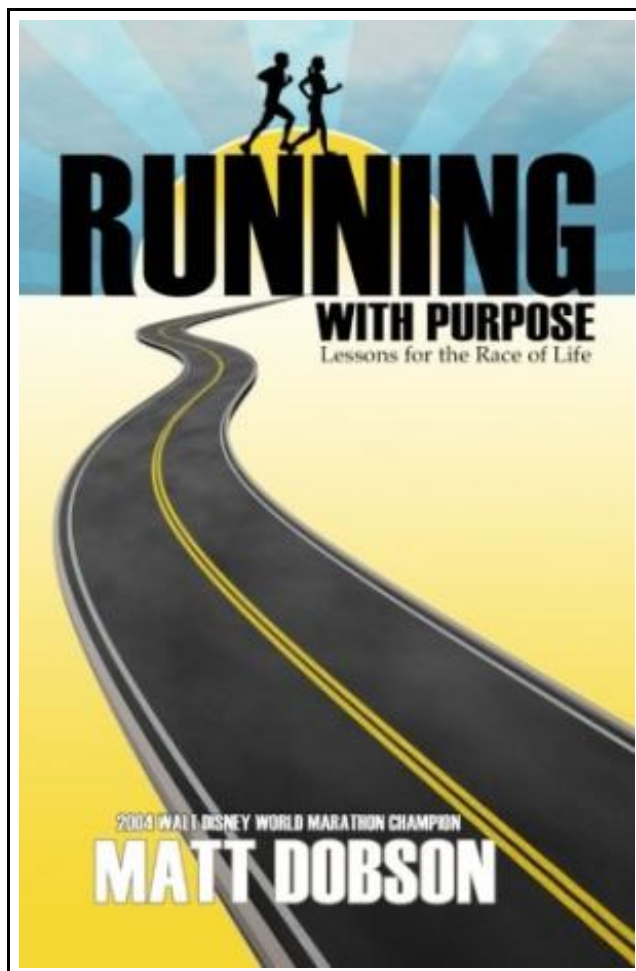


Running with Purpose: Lessons for the Race of Life



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Reviews

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(Gretchen O'Keefe MD)

RUNNING WITH PURPOSE: LESSONS FOR THE RACE OF LIFE



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Createspace Independent Publishing Platform, United States, 2014. Paperback. Book Condition: New. 198 x 129 mm. Language: English . Brand New Book ***** Print on Demand *****.The author, a distance running champion, takes the reader on a journey through various running experiences and applies spiritual truths that seem to shine forth with every step. Why do you run? What s the purpose in lacing up your shoes to go outside or jump on the treadmill and run until you sweat? People are motivated to run for many different reasons. This book explores the reasons why we want to run and the lessons that reveal why we should. Twenty-two chapters will inspire and motivate runners in their pursuit to living life to the fullest. Running With Purpose is a collection of running stories that will uplift you and encourage your faith as you train and run in the race of life. This book will help you grow closer to God and help you learn how to: * Use faith to finish the race. * Overcome your obstacles. * Finish the race with something to show for it. * Win with a plan and flexibility. * Rise to the occasion. * Keep your kids on your team. * Deal with distractions. * Handle injuries to your body and spirit. * Challenge yourself toward improvement. * Use faith in athletics.



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