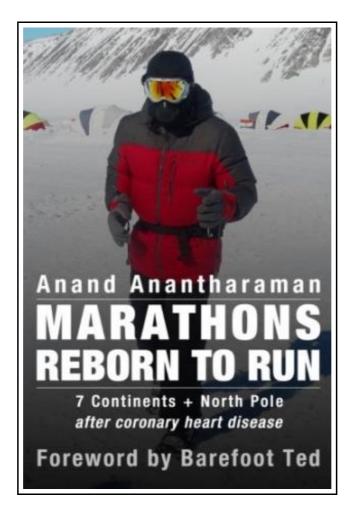
Marathons: Reborn to Run 7 Continents + North Pole After Coronary Heart Disease



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Reviews

It is really an remarkable book which i have ever go through. It can be writter in simple terms and not difficult to understand. I am just effortlessly can get a enjoyment of reading a composed pdf. (Dr. Lily Wunsch II)

MARATHONS: REBORN TO RUN 7 CONTINENTS + NORTH POLE AFTER CORONARY HEART DISEASE



Createspace, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Anand Anantharaman runs his first race on turning 55. An angioplasty thereafter steels his resolve to run the world-over. Before 60, he runs all seven continents and the North Pole to hit the elite Marathon Grand Slam Club which has 43 members worldwide Foreword by Barefoot Ted FUNDAMENTALLY, our life is an adventure, our world a place to explore, discover and share. And indeed our body is the tool of self-discovery and experimentation through which we perform our own very personal adventure, the vehicle through which we journey along our own odyssey, our own epic. Anand s book is the record of one such journey. From the very first time I met Anand, I knew I was meeting someone who was on an epic journey of self-discovery. I am a very blessed person. I get to meet and interact with so many people who have been inspired by the book Born to Run and the zany character I represent in the book Barefoot Ted. It has been my privilege to get to know personally so many fascinating and fully alive people. From my perspective, Anand s book maps out the process of his very unique and inspiring journey, his journey from a man faced with the very real limitations of mortality and the physical body to a man re-discovering the awesome untapped potential of that same body. From this perspective, instead of a dire limitation, physical embodiment becomes a unique opportunity, an opportunity we should all be encouraged to recognize, and Anand s book will encourage you. His book will encourage you to reawaken your own adventurous spirit and to start or enhance the process of your own...

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