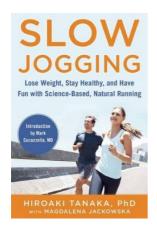
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Skyhorse Publishing, United States, 2016. Hardback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book. Running is America s most popular participatory sport, yet more than half of those who identify as runners get injured every year. Falling prey to injuries from overtraining, faulty form, poor eating, and improper footwear, many runners eventually, and reluctantly, abandon the sport for a less strenuous pastime. But for the first time in the United States, Hiroaki Tanaka s Slow...

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