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In his follow-up to the best-selling Ultra-Marathon Man, world-renowned ultra marathoner Dean Karnazes chronicles his unbelievable exploits and explorations in gripping detail; Karnazes runs for days on end without rest, across some of the most exotic and inhospitable places on earth, including the Australian Outback, Antarctica, and the back alleys of New Jersey. From the downright hilarious to the truly profound, the stories in Run! provide listeners with the ultimate escape and offer a rare glimpse into the mindset and motivation of an extreme athlete, one who has, according to The Philadelphia Inquirer, "Not only pushed the envelope but blasted it to bits." Karnazes addresses pain and perseverance, and he also charts the emotional as he pushes to the edges of human achievement. The tales of the friendships he's cultivated on his many adventures around the world warm the heart, and are sure to captivate and inspire readers whether they run great distances, modest distances, or not at all.

CONTINUE ►

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