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As a journalist whose career spans three decades, CNN correspondent Tom Foreman has reported from the heart of war zones, riots, and natural disasters. He has interviewed serial killers and been in the line of fire. But the most terrifying moment of his life didn't occur on the job - it occurred at home, when his 18-year-old daughter asked, "How would you feel about running a marathon with me?" My Year of Running Dangerously is Foreman's journey through four half marathons, three marathons, and one 55-mile race. What started as an innocent request from his daughter quickly turned into a rekindled passion for long-distance running - for the training, the camaraderie, the defeats, and the victories. Told with honesty and humor, Foreman's account captures the universal fears of aging and failure alongside the hard-won moments of triumph, tenacity, and going further than you ever thought possible.

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