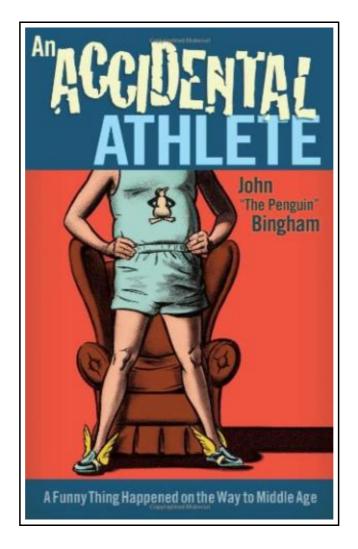
An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age



Filesize: 4.66 MB

Reviews

A must buy book if you need to adding benefit. Indeed, it can be engage in, continue to an amazing and interesting literature. I am effortlessly can get a delight of reading a published pdf. (Elliott Wuckert)

AN ACCIDENTAL ATHLETE: A FUNNY THING HAPPENED ON THE WAY TO MIDDLE AGE



VeloPress. Paperback. Book Condition: new. BRAND NEW, An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age, John Bingham, Known by fans as "The Penguin" for his back-of-the-pack speed, John Bingham is the unlikely hero of the modern running boom. In his book "An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age", the best-selling author and magazine columnist recalls his childhood dreams of athletic glory, sedentary years of unhealthy excess, and a life-changing transformation from couch potato to "adult-onset athlete." Overweight, uninspired, and saddled with a pack-and-a-half-a-day smoking habit, Bingham found himself firmly wedged into a middle-age slump. Then two frightening trips to the emergency department and a conversation with a happy piano tuner led him to discover running - and changed his life for the better. In turns inspiring, poignant, hilarious, and heartbreaking, "An Accidental Athlete" is a warm and engaging book for the everyday athlete. Bingham tells stories of the joys of running - the pride of the finisher's medal, a bureau-busting t-shirt collection, and intense back-of-the-pack strategising. "An Accidental Athlete" is about one man's discovery that middle age was not the finish line after all, but only the beginning.

Read An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age Online

Download PDF An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age

Other PDFs



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

Read Book »



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in. This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Read Book »



Fifth-grade essay How to Write

paperback. Book Condition: New. Ship out in 2 business day, And Fast shipping, Free Tracking number will be provided after the shipment. Pages Number: 272 Publisher: one hundred Press Pub. Date: 2008-10-1. Contents: The first semester...

Read Book »



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How...

Read Book »



Houdini's Gift

Independent Publishers Group (IPG) - Chicago Review Press, 2009. Hardcover. Book Condition: New. Revisiting well-loved characters from a past adventure, this picture book presents animal-loving Ben with the challenge of having another pet after losing...

Read Book »



Star Flights Bedtime Spaceship: Journey Through Space While Drifting Off to Sleep

CreateSpace Independent Publishing Platform, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "Star Flights Bedtime Spaceship" is a charming and fun story with the purpose to help children

Download Book »



The Well-Trained Mind: A Guide to Classical Education at Home (Hardback)

WW Norton Co, United States, 2016. Hardback. Book Condition: New. 4th Revised edition. 244 x 165 mm. Language: English . Brand New Book. The Well-Trained Mind will instruct you, step by step, on how to

Download Book »



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any

Download Book »



Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged)

Pan Macmillan. Paperback. Book Condition: new. BRAND NEW, Kingfisher Readers: What Animals Eat (Level 2: Beginning to Read Alone) (Unabridged), Brenda Stone, For the first time, Kingfisher brings its expertise in beautifully-designed, trusted non-fiction to

Download Book »



Becoming a Spacewalker: My Journey to the Stars (Hardback)

Purdue University Press, United States, 2014. Hardback. Book Condition: New. 284 x 216 mm. Language: English . Brand New Book. This nonfiction picture book is a children s version of NASA astronaut Jerry L. Ross

Download Book »