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# THE EVERYTHING RUNNING BOOK: THE ULTIMATE GUIDE TO RUNNING FOR FITNESS, WEIGHT LOSS, AND COMPETITION (PAPERBACK)



Adams Media Corporation, United States, 2012. Paperback. Book Condition: New. 3rd Revised edition. 230 x 200 mm. Language: English . Brand New Book. Running can help you lose weight, create a healthy body image, and boost your self-esteem. No matter your fitness level, you too can enjoy the benefits of this sport! With this book, you ll gain the knowledge and tools you need to run a 10K, a marathon, or just a lap around the block! The new edition...

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- Authored by Art Liberman
- Released at 2012



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