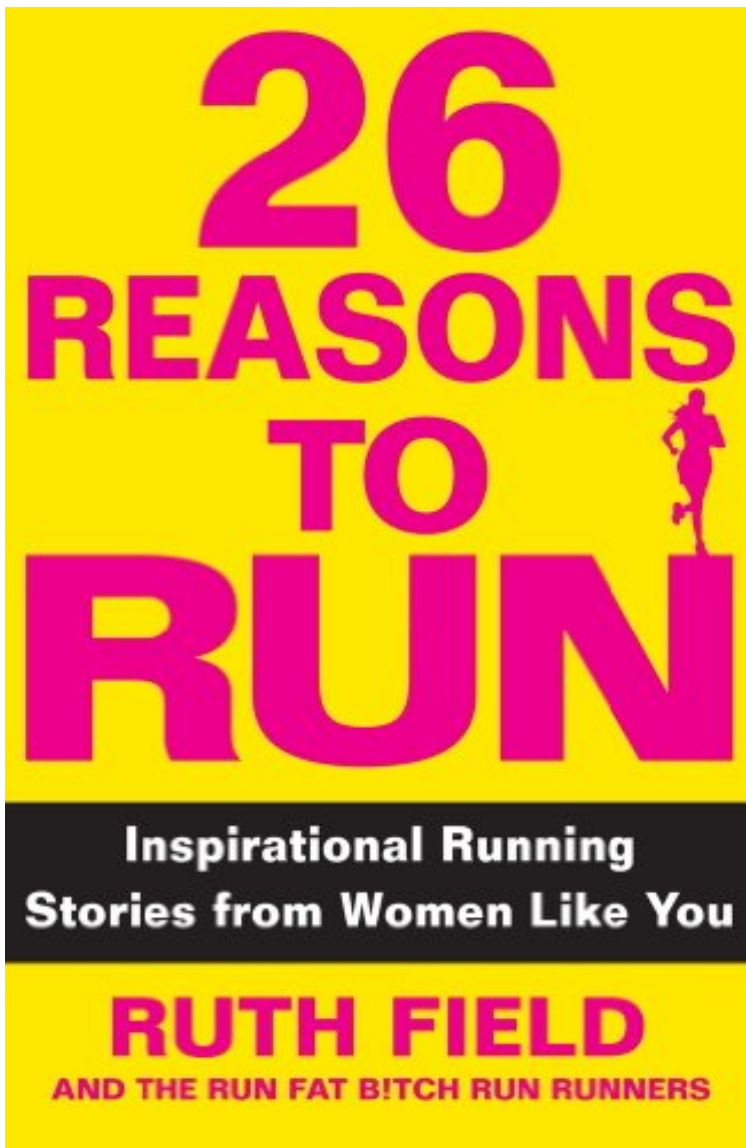


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26 Reasons to Run: Inspirational Running Stories from Women Like You (English Edition)



Par Ruth Field
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Description :

Prsentation de l'diteurI wouldn't go to my husband's Christmas party because I had nothing to wear that fitted me and refused to buy anything. I vowed that night that I would shift the excess weight. It was shortly after this that I read Run Fat B!tch Run - and it has changed my life around completely. Now five-and-a-half stone lighter I am now training to compete in The Dublin Marathon in October of this year. Are you

suffering from Motivation Meltdown? Have your well-worn-in trainers lain dormant for a few months, or are you simply looking for that first push to get up, lace up and RUN? Then look no further, for here are the stories from 26 women who have been exactly where you are (on the sofa, right?) and fought back . . . with a little help from The Grit Doctor. Their stories are all here to give you a Motivation Marathon every time you're tempted to give up and give in to the takeaway menu. Funny, moving and incredibly inspiring, each of these women found their own reasons to get running and beat the bulge and so can you.

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