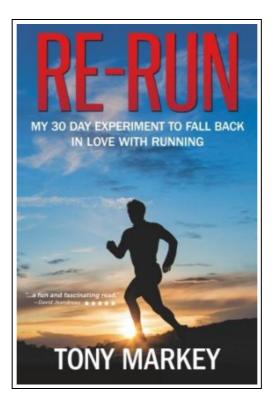
Re-Run: My 30-Day Experiment to Fall Back in Love with Running (Paperback)



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Reviews

Simply no phrases to explain. It is definitely simplistic but shocks from the fifty percent from the pdf. You may like the way the blogger write this ebook. (Antonetta Tremblay)

RE-RUN: MY 30-DAY EXPERIMENT TO FALL BACK IN LOVE WITH RUNNING (PAPERBACK)



Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I was a youthful Zephyr, flying with the wind in my face, fleet of foot and bold of spirit. But 35 years later I have a sorrowful confession to make. I hate running. *sobbing* Follow Tony Markey s 30-day challenge to see if he can fall back in love with running. If you re a runner, you II appreciate Tony s rookie challenges and surprising insights. If you re a non-runner, you II appreciate his humor and the way he wrestles with motivation and focus. His 30-Day experiment starts with a firm set of rules and ends with running in the Seattle Half-marathon. For runners and non-runners alike, an enjoyable read with plenty of anecdotes to keep the narrative moving. Markey gets through his 30-day experiment, huffing and puffing, but emerges a marathon runner.[Re-Run is] quick and easy, and along the way, the scenery is good, and the company is fun. In the long haul, he has created a 210-page metaphor for the attainment of any worthwhile goal, making Re-Run: My 30-Day Experiment to Fall Back in Love With Running a worthwhile read. - Linda Lee Tony Markey is a runner. Haha, just kidding. He s a hack. An absolute running hack. Not in a life hack way, but more like in a hey slow guy, you suck! way. He s an old fat guy that hopes that he doesn t have to be fat and slow forever. Still, he s not getting any younger. And he shares his collected wisdom so others can follow in his footsteps. Only not exactly in his footsteps, because that would take forever. Like, figuratively in his footsteps. Or like, in front of...

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