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DON'T STOP ME NOW: 26.2 TALES OF A RUNNER'S OBSESSION



Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Don't Stop Me Now: 26.2 Tales of a Runner's Obsession, Chris Evans, Vassos Alexander, Vassos Alexander shares the highs and lows of falling in love with running, charting his journey from 20-a-day smoker to 20k-a-day runner. This isn't a 'how to' book, it's a celebration of running - and what lots of us think about when we run - part therapy, part escape, part self-discovery, part weight loss, part midlife crisis,...

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- Authored by Chris Evans, Vassos Alexander
- Released at -



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