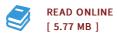




Running: Cheaper Than Therapy: A Celebration of Running (Hardback)

By Chas Newkey-Burden

Bloomsbury Publishing PLC, United Kingdom, 2018. Hardback. Condition: New. Language: English. Brand New Book. Running: Cheaper than Therapy is a witty and expertly compiled compendium of running wisdom and humour. From a short jog that lifts your mood to the closing stages of a marathon when you feel physically exhausted but emotionally invincible all at once, running delivers every time. Running: Cheaper Than Therapy is a celebration of the pastime that always makes you feel better. Covering every aspect of running life from jogging etiquette and the things we both love/hate about it, through to the weirdest and wonderful marathons around the world. Also included are the funniest spectator signs ever, cool advice that could improve your PB and brilliantly insightful running philosophies. Complete with guest contributions from parkrun founder Paul Sinton-Hewitt, political strategist Alastair Campbell, Olympian Liz Yelling and comedian David Baddiel, this brilliantly knowing compendium will be appreciated by joggers, triathletes and runners who know the joy of putting on a pair of trainers and getting out there.



Reviews

This is the best book i have read until now. It can be filled with knowledge and wisdom Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- Nadia Konopelski

This book is great, it was writtern quite flawlessly and helpful. You will not truly feel monotony at whenever you want of your time (that's what catalogs are for concerning if you ask me).

-- Sterling Kris

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Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****. Funny Things I Heard At The Bus Stop, Volume 1 is a collection of short stories for young readers, but...



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