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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.

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-- **Nadia Konopelski**

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