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Summersdale Publishers, United Kingdom, 2016. Hardback. Condition: New. Language: English . Brand New Book. `Run when you can, walk if you have to, crawl if you must; just never give up. Dean Karnazes MOTIVATIONAL ADVICE FOR RUNNERS For those who know the fix that running provides, but sometimes need a little persuasion to get their trainers on, look no further. This book is filled with inspiring, motivational and uplifting quotes to help you push through the pain and keep on...

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- Authored by -
- Released at 2016



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