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George Sheehan on Running to Win: How to Achieve the Physical, Mental and Spiritual Victories of Running

George Sheehan

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George Sheehan on Running to Win: How to Achieve the Physical, Mental and Spiritual Victories of Running George Sheehan
Practical advice from the renowned athlete and author of *Personal Best* shows readers how to achieve the physical, mental, and spiritual rewards of running, from choosing the right shoe to developing mental toughness. Reprint.

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