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Open Heart Runner: Searching for Meaning After My Heart Stopped (Paperback)

By Gregory Marchand

Agio Publishing House, Canada, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. OPEN HEART RUNNER: searching for meaning after my heart stopped When 40-year-old Gregory Marchand suffered a cardiac arrest at the end of an eight-kilometer road race and was without a pulse for 20 minutes, few thought he would survive. This inspiring story of hope tells how he battled through a coma, heart surgery and debilitating brain injury to search for the meaning behind his survival that doctors called miraculous. For the highly-trained athlete, weekend warrior, or anyone (runner or not) who has feared death, Gregory's meditative memoir offers insight into how nearly dying can bring new life. **ADVANCE REVIEWS** Because people are very good at forgetting what life is really about, Open Heart Runner is so important. Gregory Marchand reminds us of many things: our fragility, our capacity for love, our deep desire for meaning. - Terence Young, Governor-General's-Award-nominated poet and author of the novel After Goodlake's Gregory Marchand's story is at first frightening and ultimately uplifting. - Joe Henderson, author, running coach and former chief editor of Runner's World magazine Gregory Marchand takes us to...



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