



## Chicken Soup for the Soul: Runners: 101 Inspirational Stories of Energy, Endurance, and Endorphins

By Jack Canfield

Chicken Soup for the Soul. Paperback. Book Condition: New. Paperback. 400 pages. Dimensions: 8.4in. x 5.4in. x 1.0in. Runners will love these inspirational stories about their sport -- the camaraderie, the self-discipline, the energy and endorphins they enjoy, the self-discovery. Includes stories on swimming and cycling for triathletes too. When runners aren't running, they are talking about running, planning their next run, shopping for running. . . This book contains 101 stories from everyday and famous runners. . . telling their stories to other runners. . . about how running has improved their lives, recovering from injuries, challenging themselves, and includes amazing stories of marathons, camaraderie, and the natural high that comes from this popular sport. Plenty of stories for triathletes too, covering swimming and cycling. This item ships from multiple locations. Your book may arrive from Roseburg,OR, La Vergne,TN. Paperback.

DOWNLOAD



READ ONLINE  
[ 7.47 MB ]

### Reviews

*It is one of the best publications. It is really very intriguing through reading through periods of time. You will not feel monotony at any time of your own time (that's what catalogs are for relating to in the event you request me).*

-- Dr. Pat Hegmann

*It is one of my favorite publications. It is among the most awesome publications I have gone through. I am just quickly getting a delight of reading through a published publication.*

-- Prof. Martin Zboncak DVM