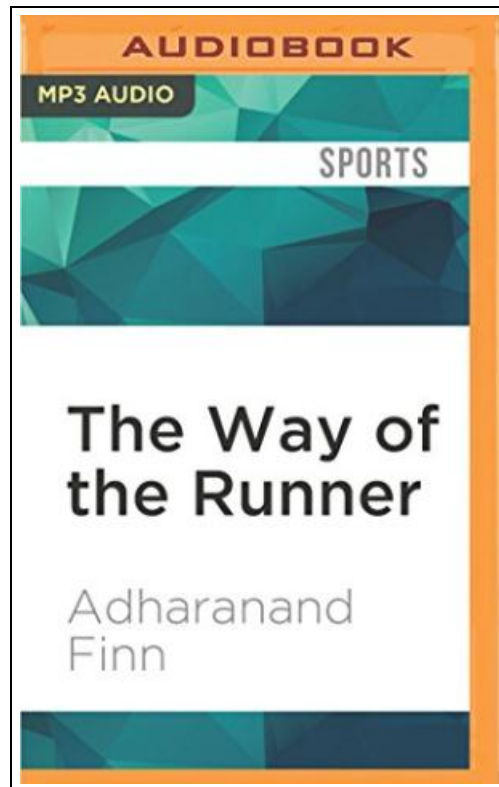


## The Way of the Runner: A Journey Into the Fabled World of Japanese Running



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### **Reviews**

*Extensive manual! Its such a great read. It really is loaded with knowledge and wisdom You wont really feel monotony at at any time of your time (that's what catalogs are for regarding if you ask me).*

*(Myrl Hintz)*

## THE WAY OF THE RUNNER: A JOURNEY INTO THE FABLED WORLD OF JAPANESE RUNNING



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