



The Complete Book of Running

By James Fixx

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The Complete Book of Running By James Fixx

Discusses not only the physical benefits of running, but its psychological benefits as well: increasing self-esteem, acquiring a "high" from running, and being able to cope better with pressure and tension. Yep, it still sells.

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The Complete Book of Running By James Fixx Bibliography

- Sales Rank: #81964 in Books
- Brand: Random House
- Published on: 1977-09-12
- Released on: 1977-09-12
- Ingredients: Example Ingredients
- Original language: English
- Number of items: 1
- Dimensions: 9.75" h x 6.50" w x 1.25" l,
- Binding: Hardcover
- 314 pages

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Editorial Review

From the Inside Flap

Discusses not only the physical benefits of running, but its psychological benefits as well: increasing self-esteem, acquiring a "high" from running, and being able to cope better with pressure and tension. Yep, it still sells.

Users Review

From reader reviews:

Allan Kean:

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Jewell Garza:

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Candice Foushee:

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Angela Babb:

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