



Running For Girls Like Us

Gloria Safar

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Running is a great way to enhance your health and wellness, improve your self-esteem, and gain a sense of accomplishment. Although running may seem simple to some, it can present a whole new world of training, stretching, nutrition, and balance to take on a running lifestyle. But when it comes down to it, everyone can be a lifelong runner if they have the right knowledge and tools. With expert tips and advice specifically addressing women, this book is the perfect companion for novice, veteran, and returning runners alike.

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