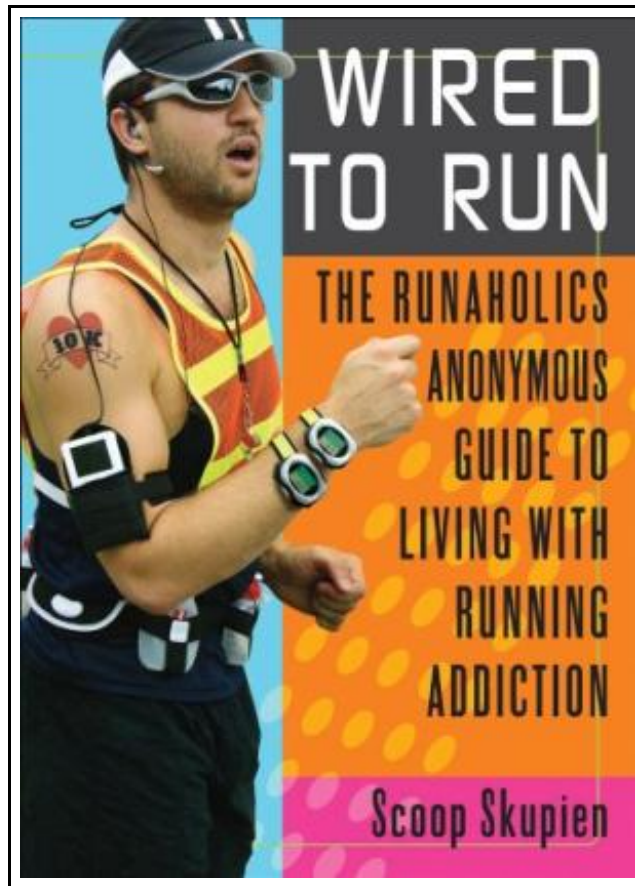


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WIRED TO RUN: THE RUNAHOLICS ANONYMOUS GUIDE TO LIVING WITH RUNNING ADDICTION (PAPERBACK)

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Andrews McMeel Publishing, United States, 2006. Paperback. Book Condition: New. 215 x 140 mm. Language: English . Brand New Book. Over 35 million people will go running this year in the United States alone. For some of us, it s more than just a hobby-over 11 million of us are runaholics. Runners and addicts. Addicts and runners. The two hardly seem to go together . . . unless you re one of those people who periodically put a couple of miles on your running shoes and then think things like, Boy, this feels good. I could go all day long. Then you do. Or at least try to. Running and addiction--as in running addiction--do indeed go together like chocolate and peanut butter, as *Wired to Run* makes so perfectly clear. Written by Scoop Skupien, a habitual runner for the past 30 years and the founder of Runaholics Anonymous, *Wired to Run* is a humorous trip through the world of runaholics and a host of issues that the running obsessed can t quite leave in their dust. It s a good-natured satire of healing groups that will keep readers--whether they re runners or run enablers--laughing page after breathless page. Central to the book and the whole online Runaholics Anonymous organization is Skupien s 12-Step program for recognizing and dealing with this mental and very physical disorder. From We admit that we are powerless over running to We reach the Pinnacle: the ability to run in moderation, the self-help style mixes laughs with actual training tips and other helpful advice. The combination--along with hilarious analysis of six different running types that encompass just about anyone who s ever broken a sweat--pokes great fun at runners, their odd habits, and their running rituals. It s definitely fun on the run!.



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