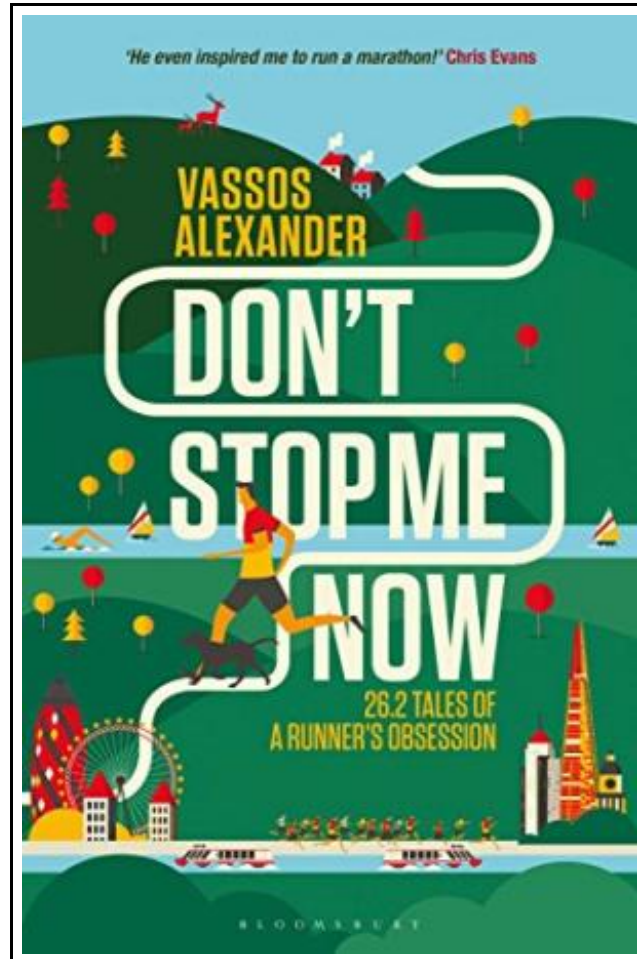


## Don't Stop Me Now: 26.2 Tales of a Runner's Obsession



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*(Damian Poulos)*

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Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Don't Stop Me Now: 26.2 Tales of a Runner's Obsession, Chris Evans, Vassos Alexander, Vassos Alexander shares the highs and lows of falling in love with running, charting his journey from 20-a-day smoker to 20k-a-day runner. This isn't a 'how to' book, it's a celebration of running - and what lots of us think about when we run - part therapy, part escape, part self-discovery, part weight loss, part midlife crisis, part simple child-like joy of running when you could be walking. Separated into 26.2 chapters, each featuring contributions from people who love running - including Jenson Button, Helen Skelton-Myler, Nicky Campbell, Noel Thatcher and Chrissie Wellington.



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