



Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight

By Field, Ruth

The Experiment, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "This book has all the answers for the running newbie . . . The tough-love approach of a real coach can be encouraging. Laugh with her, lace up your shoes and head out the door. It's hard to stay seated while reading this book." -- Canadian Running "If you have a healthy body image and sense of humor, and need to give your motivation a kick in the pants, the Grit Doctor is for you! Ruth's combination of lashing and laughs will make you lace up and hit the ground running--no excuses." -- Kristin Armstrong , Contributing Editor for Runner's World magazine and author of Mile Markers: The 26.2 Most Important Reasons Why Women Run "If you need a fresh dose of incentive to get out (or back out) on the road, The Grit Doctor offers up a program of no-nonsense common sense laced with brutal honesty." -- Mina Samuels , author of Run Like a Girl " Get Off Your Ass and Run! is like having your best friend tell you to get real." -- Kara Goucher , Olympic Distance Runner and...



READ ONLINE
[2.7 MB]

Reviews

The ebook is straightforward in go through preferable to recognize. It typically does not charge too much. Its been designed in an exceptionally straightforward way and it is just following i finished reading this book where basically altered me, affect the way i really believe.

-- **Dr. Reta Murphy**

It becomes an amazing pdf which i actually have at any time read through. This can be for all those who statte there had not been a worthy of reading through. You wont sense monotony at anytime of your own time (that's what catalogues are for relating to should you check with me).

-- **Claud Kris**