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Re-Run: My 30-Day Experiment to Fall Back in Love with Running (Paperback)

By Tony Markey

Createspace Independent Publishing Platform, United States, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. I was a youthful Zephyr, flying with the wind in my face, fleet of foot and bold of spirit. But 35 years later I have a sorrowful confession to make. I hate running. *sobbing* Follow Tony Markey's 30-day challenge to see if he can fall back in love with running. If you're a runner, you'll appreciate Tony's rookie challenges and surprising insights. If you're a non-runner, you'll appreciate his humor and the way he wrestles with motivation and focus. His 30-Day experiment starts with a firm set of rules and ends with running in the Seattle Half-marathon. For runners and non-runners alike, an enjoyable read with plenty of anecdotes to keep the narrative moving. Markey gets through his 30-day experiment, huffing and puffing, but emerges a marathon runner. [Re-Run is] quick and easy, and along the way, the scenery is good, and the company is fun. In the long haul, he has created a 210-page metaphor for the attainment of any worthwhile goal, making Re-Run: My 30-Day Experiment to Fall Back in Love With...



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