



Run for it: A Woman's Guide to Running for Emotional and Physical Health

By Karen Bridson

Burford Books,U.S. Paperback. Book Condition: new. BRAND NEW, Run for it: A Woman's Guide to Running for Emotional and Physical Health, Karen Bridson, This book shows how women can change their lives with running. Running can help to combat stress, depression, PMS, menopausal symptoms and more. The book contains chapters on everything from what to wear, what to eat, stretching and yoga, handling injuries, safety, running and pregnancy and many other topics. Woven throughout is the physical, mental, and emotional therapy that the sport can bring -- the joy of running.

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Reviews

Extensive information for book fans. It is written in basic words and never hard to understand. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Otis Wisoky**

This publication is great. It is full of wisdom and knowledge You will not really feel monotony at any time of the time (that's what catalogs are for relating to when you ask me).

-- **Dr. Everett Dicki DDS**