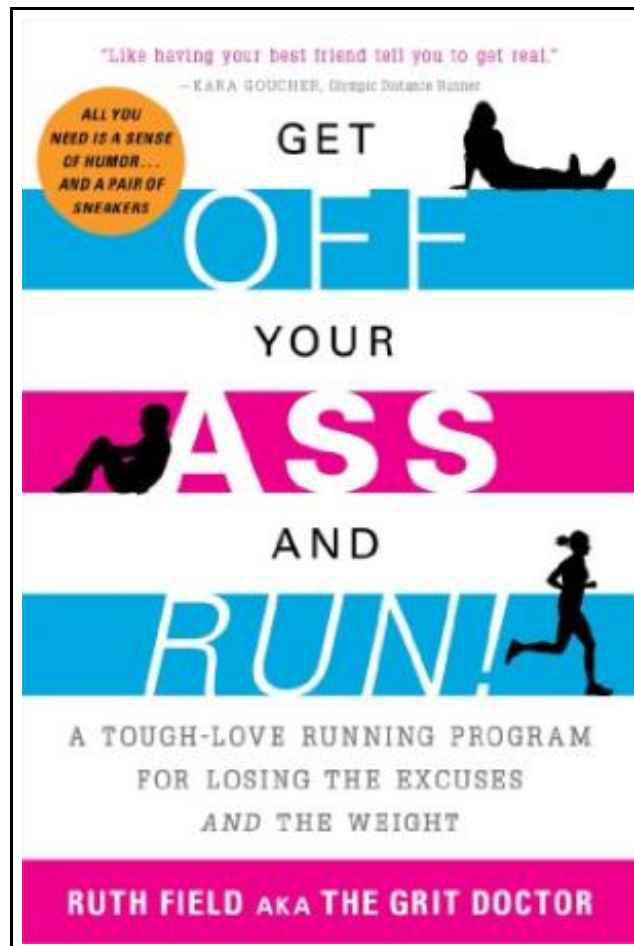


Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight



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Reviews

This book is definitely worth buying. This really is for all who statte there had not been a worthy of studying. You will not sense monotony at at any moment of the time (that's what catalogs are for concerning should you check with me).
(Mr. Martin Baumbach)

GET OFF YOUR ASS AND RUN!: A TOUGH-LOVE RUNNING PROGRAM FOR LOSING THE EXCUSES AND THE WEIGHT

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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 author of Kara Goucher's Running for Women "As a runner who spends a good deal of time encouraging others to give it a whirl, I'm glad to have Get Off Your Ass and Run! as a resource to share. The balance between solid content, an intimate knowledge of the kinds of things that hand newbie runners up, and a tough-love sense of humor makes this a fun and motivating read." -- Deborah Reber , author of Run for Your Life: A Book for Beginning Women Runners ".Offers plenty of insightful tips and loads of excuse-breaking motivation.[T]he kick-in-the-pants motivation for a...



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