



Keep Calm and Run on

By -

Summersdale Publishers. Hardback. Book Condition: new. BRAND NEW, Keep Calm and Run on, 'Run when you can, walk if you have to, crawl if you must; just never give up.' Dean Karnazes MOTIVATIONAL ADVICE FOR RUNNERS For those who know the fix that running provides, but sometimes need a little persuasion to get their trainers on, look no further. This book is filled with inspiring, motivational and uplifting quotes to help you push through the pain and keep on running.



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