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Don t Stop Me Now: 26.2 Tales of a Runner s Obsession

By Alexander Vassos, Vassos Alexander

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 170 x 135 mm. Language: English . Brand New. Funny, inspiring, honestthe perfect listen for anyone with well-worn trainers by the door (or who s thinking of buying a pair.). Vassos Alexander shares the highs and lows of falling in love with running, from his first paltry efforts to reach the end of his street to completing ultra-marathons and triathlons in the same weekend. This is a celebration of runningand what lots of us think about when we run. Part escape, part self-discovery, part therapy, part weight loss. Part simple childlike joy of running when you could be walking. Each of the 26.2 chapters also features a fascinating insight into how others first startedfrom Paula Radcliffe to Steve Cram, the Brownlees to Jenson Button, Nicky Campbell to Nell McAndrew.



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