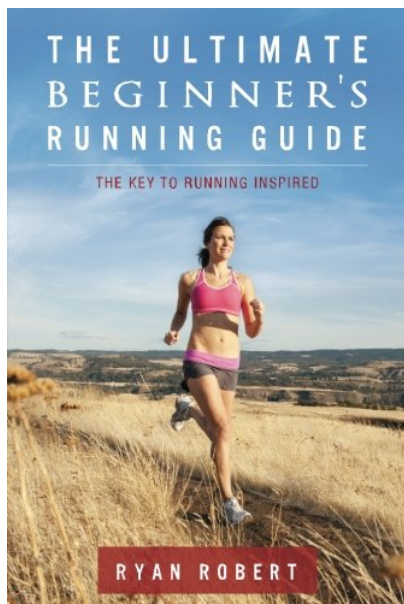


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by Ryan Robert : **The Ultimate Beginners Running Guide: The Key To Running Inspired**

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Description :

PDF-a48f3 | Several years ago Ryan Robert noticed his niece was having body image issues. She obsessed about her weight and let it take control of her life. Eventually she even lost the confidence she once effortlessly displayed. As an avid runner, Ryan knew if he was able to get his niece to start running she would gain self-confidence, better mental and physical acuity. It would also allow her a better focus... *The Ultimate Beginners Running Guide: The Key To Running Inspired*

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