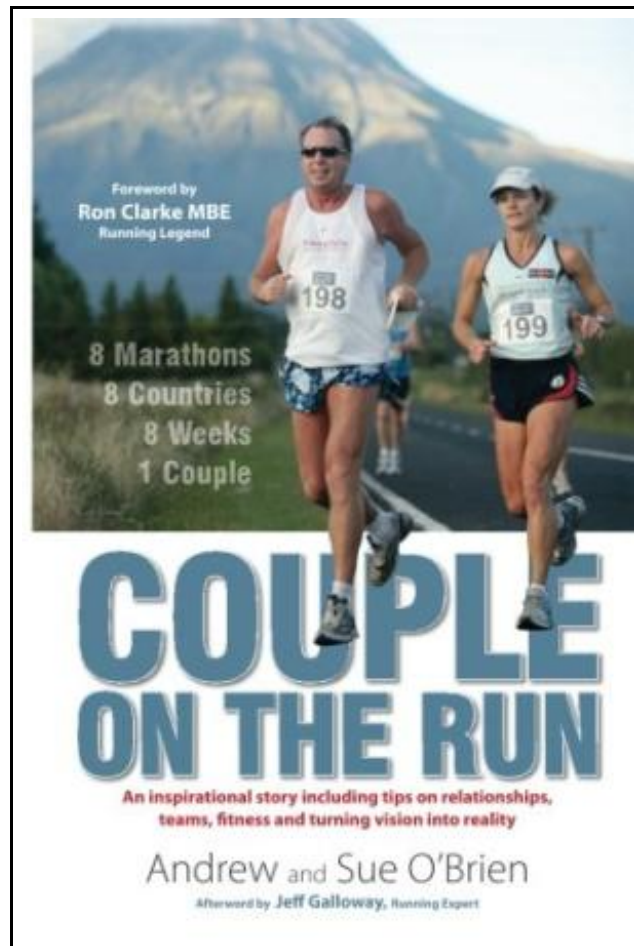


Couple on The Run: 8 Countries, 8 Weeks, 1 Couple



Filesize: 3.44 MB

Reviews

Excellent e-book and useful one. It can be rally intriguing throgh looking at time period. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Pasquale Klocko)

COUPLE ON THE RUN: 8 COUNTRIES, 8 WEEKS, 1 COUPLE



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Publishing That Matters. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.0in. x 5.9in. x 0.8in. Couple on the Run is a story for couples and individuals, for runners and non runners. A fascinating tale of determination, love, endurance and perseverance for people of all ages it combines success principles from business, fitness and relationships to create desired futures through the power of partnership. Couple on the Run captures the journey of a successful work obsessed CEO who was also an unfit couch potato struck down with Chronic Fatigue Syndrome (Andrew) and a lifelong fitness devotee and competitive athlete (Sue) as they combine their talents to go further together. Running 8 marathons in 8 countries in 8 weeks they put themselves to the ultimate test and encourage others to dare to make their dreams a reality too. Couple on the Run is a valuable contribution to fitness, friendship and relationship-building that enables the reader to move from inspiration to action and will enhance the lives of people around the world. Jeff Galloway, US Olympian, Best Selling Author and Running Expert No-one should underestimate the enormity of the feat of this suburban, middle aged couple. If this is what partnering and Partnerrunning is all about, then I say, Bring it On Ron Clarke, World Record Holder and Running Legend Together they have run close to 60, 000 kms training and entering events across the globe. For Andrew and Sue OBrien marriage and marathons go hand in hand. National Nine News (Australia) Foreword is by Running Legend Ron Clarke MBE. Afterword is by Best Selling Author and US Olympian Jeff Galloway. About Couple on the Run Andrew and Sue OBrien have become known around the world as the Couple on the Run and in 2010 went back to where it all began to...



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