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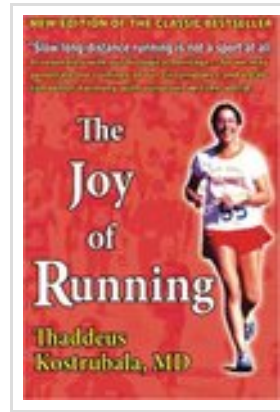
## The Joy of Run

[Thaddeus Kostrubala](#)

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### Description

The Joy of Running is BAC inspiration, support, and g no other book can give you exercising, you'll feel better. Kostrubala first described i it all, the book you read to Joy of Running is the book discovery. Running can rea profound—introverts becc Anxiety diminishes or disaj detail what we now call "ru credentialed psychiatrist e runner's life. You'll discove psychological and spiritual your own personality that: Honolulu Marathon Clinic, long tunnel of ignorance al body of man. Books like th to someone who is just sta understand the true reaso runner. The Joy of Running level—the level of self-disc

### ISBN

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### Publication Date

1976

### Publisher

Lippincott

### Recommended Citation

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