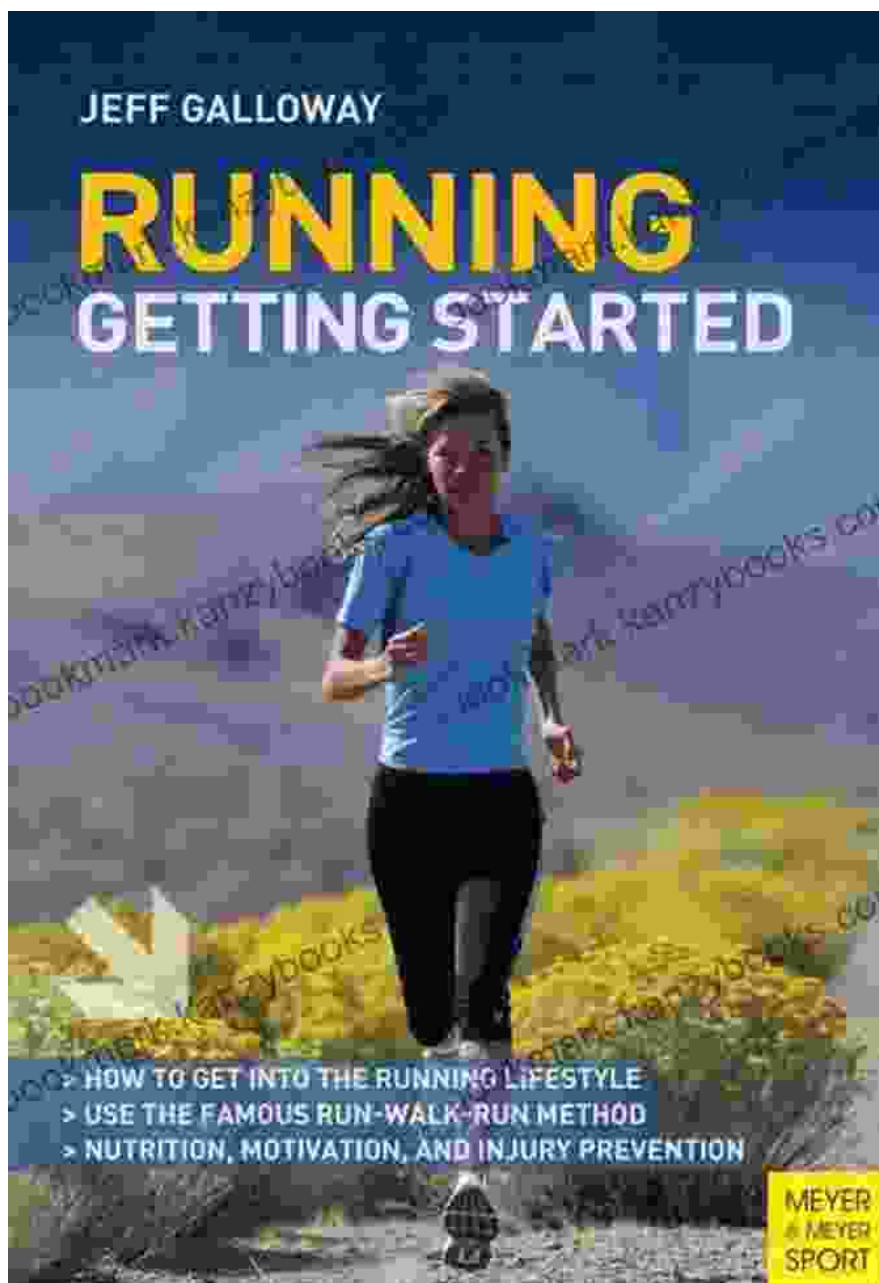


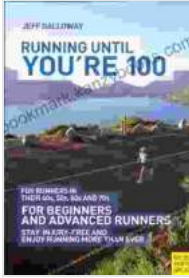
# Running Until You're 100, 3rd Edition: The Ultimate Guide to Running for Health and Longevity



**Running Until You're 100 3rd Ed** by Jeff Galloway

★★★★☆ 4.2 out of 5

Language : English



File size	: 4335 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 234 pages



## Unlock the Secrets to a Long and Healthy Life

In the third edition of his bestselling book, Dr. George Sheehan, a world-renowned cardiologist and running enthusiast, shares his insights and experiences on how running can transform your life. *Running Until You're 100* is a comprehensive guide to running for health and longevity, covering everything from training plans to nutrition to injury prevention.

Whether you're a seasoned runner or just starting out, *Running Until You're 100* has something for everyone. Dr. Sheehan provides practical advice on how to:

- \* Choose the right running shoes and gear
- \* Train for and participate in races
- \* Avoid injuries and setbacks
- \* Fuel your body for optimal performance
- \* Run for a lifetime

Beyond the physical benefits, Dr. Sheehan also explores the psychological and emotional benefits of running. He shows how running can help you:

- \* Reduce stress and anxiety
- \* Improve your sleep
- \* Boost your mood
- \* Connect with nature
- \* Find community

Running Until You're 100 is more than just a book about running. It's a guide to living a long, healthy, and fulfilling life. Dr. Sheehan's passion for running is contagious, and his insights will inspire you to lace up your shoes and hit the pavement.

## What's New in the Third Edition?

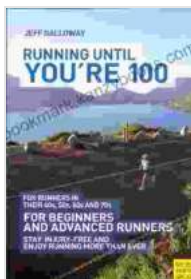
The third edition of Running Until You're 100 has been updated and expanded to include the latest research on running and health. Dr. Sheehan has also added new chapters on:

\* Running for women \* Running for older adults \* Running for people with disabilities \* Running for a cause

With over 50 years of running experience, Dr. Sheehan is one of the world's leading experts on the subject. He has witnessed firsthand the transformative power of running, and he shares his insights and experiences in Running Until You're 100.

## Free Download Your Copy Today

Running Until You're 100, 3rd Edition is now available in bookstores and online. Free Download your copy today and start your journey to a long, healthy, and fulfilling life.



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