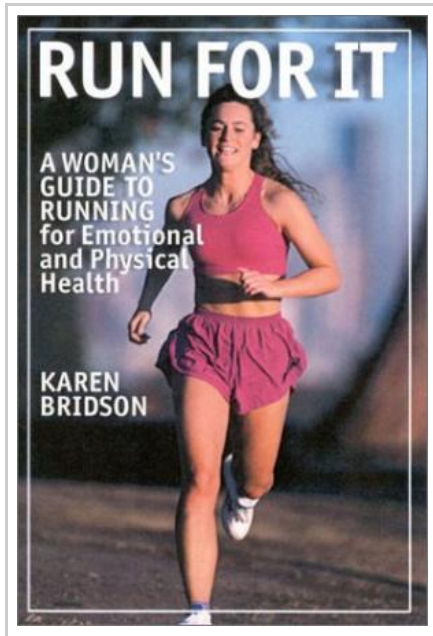




Run for it: A Woman's Guide to Running for Emotional and Physical Health

By Karen Bridson

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