



# 100 Reasons to Run...Now!: How to Jumpstart Your Run

*Jeff Galloway*

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## **100 Reasons to Run...Now!: How to Jumpstart Your Run** Jeff Galloway

Each page has a series of motivating, inspirational and informative thoughts and tips that can be read in 1-2 minutes. Runners and other exercisers can jumpstart their workouts with each written pep talk.

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