

# The Quotable Runner



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"Keep this book close to you at all times. It can't help but improve your spirits and your running." - "Runner's World" By its very nature, running is extreme and pure, resulting in a great supply of extremely memorable quotes, jokes, barbs, and philosophical gems. "The Quotable Runner" gathers the best of these into one indispensable volume. Sir Roger Bannister compares running to classical drama. George Patton compares it to war. Bill Clinton finds it keeps him optimistic. And Oprah sums it up beautifully: "Running is the greatest metaphor for life, because you get out of it what you put into it." "The Quotable Runner" is like no other running book. Runners will read it again and again for inspiration, advice, and humor.

作者介绍:

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