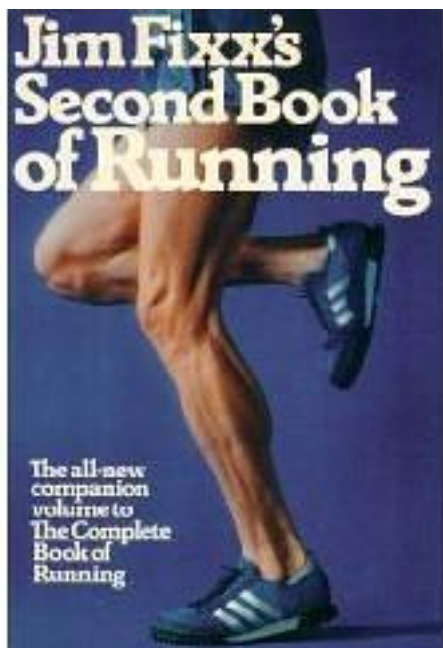


Jim Fixx's Second Book of Running



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著者:James Fixx

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If you use the word complete in a title, as I did in The Complete Book of Running, you pretty much paint yourself into a corner. It becomes difficult, unless you're willing to subject logic to uncomfortable stresses, to write a second book on the same subject. Nonetheless, not long after publication I found myself brooding about a sociological paradox and

wondering whether logic was, after all, sacred.

作者介绍:

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