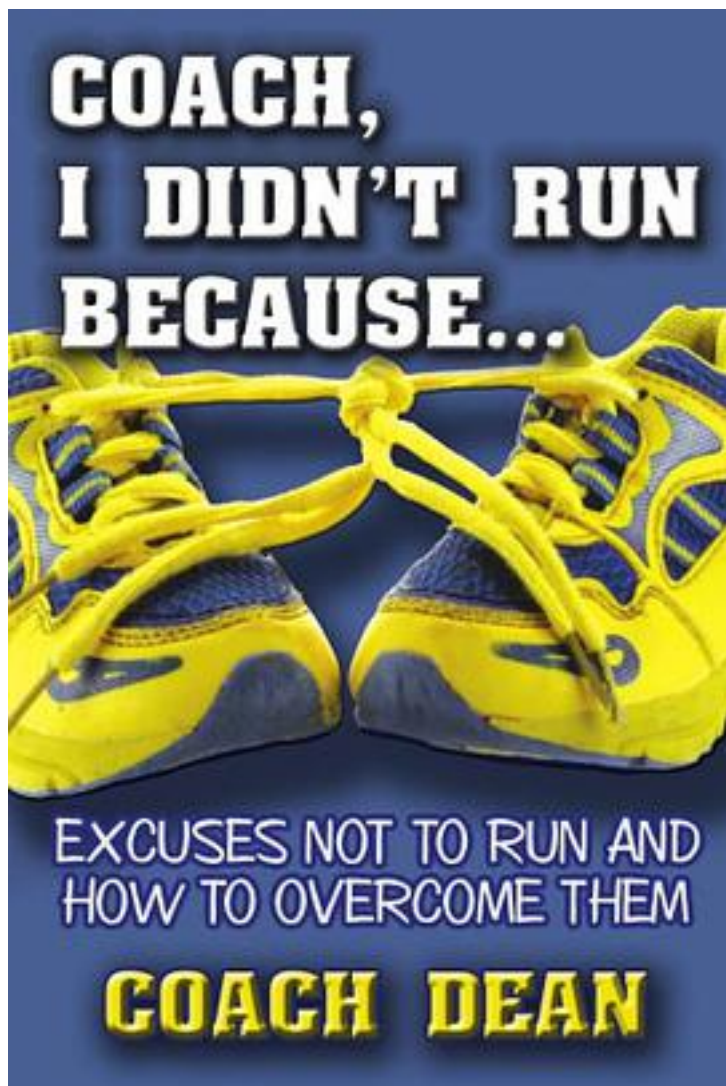


Coach, I Didn't Run Because...



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著者:Coach Dean

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This book takes a serious as well as lighthearted look at making excuses in health, fitness and life in general. A complete list of excuses would be endless but this book sure is a good start. Categorized lists facilitate excuse making. It's excuse making by the number. From the ridiculous to the fantastic, from real to imagined and from sad to hilarious... this book captures the very essence of excuse making. Then, get serious and get over it. Learn three foolproof techniques for getting past excuses and just doing it. The book is spiced up with personal stories from every day athletes who just get it done. You will learn from their inspiring stories and realize that you too can be an excuse-buster.

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