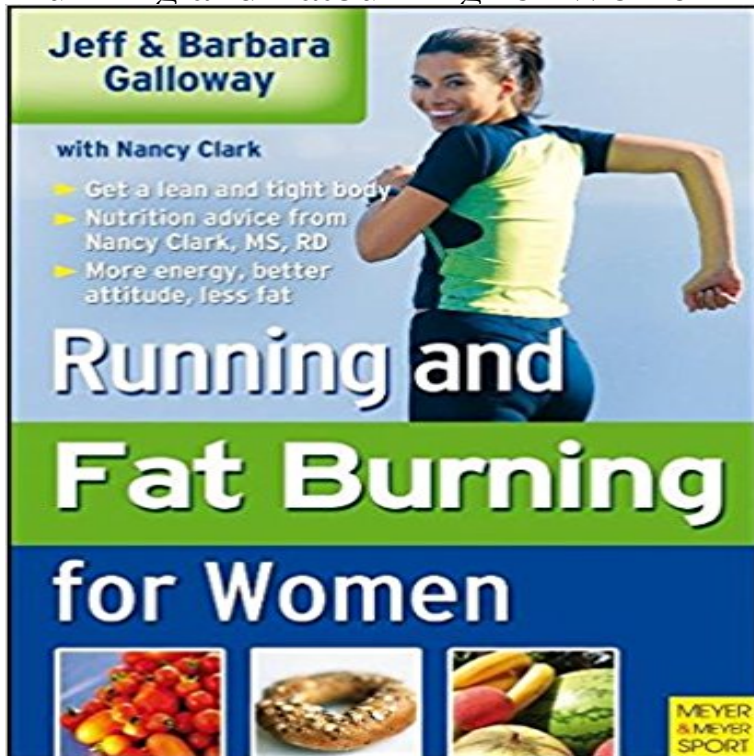


Running and Fatburning for Women



Packed with expert advice from former Olympian Jeff Galloway and his wife Barbara, this book deals with everything from how to get started and keep motivated, to the process of fat deposition and burning. With its practical approach it will be perfect for women with a busy schedule.

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