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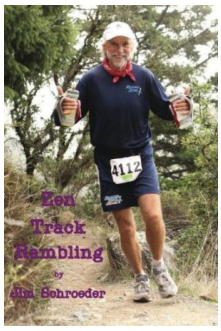
ZEN TRACK RAMBLING



Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Zen Track Rambling came about quite by chance: First, as a joyful account to capture the feelings I experienced during my long runs; and secondly, as a means to relieve the pain, depression, and general helplessness I felt during a long-term injury. My running journey has led me to extreme highs, but has also plunged me bipolar-like into...

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- Authored by Jim Schroeder
- Released at 2012

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