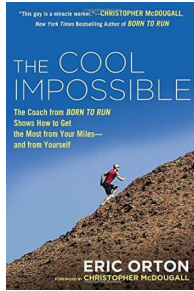


## The Cool Impossible: The Running Coach From Born to Run Shows How to Get the Most From Your Miles--and From Yourself



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