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The Complete Book of Running proved an unqualified blockbuster. Printed in 16 foreign editions, sales now topped 900,000. Printed in 16 foreign editions, sales now topped 900,000.

The Complete Book of Running |

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The Complete Book of Running is a 1977 non-fiction book written by Jim Fixx. Overview. The book discusses not only the physical benefits of running, but its psychological benefits as well: increasing self-esteem, acquiring a "high" from running, and being able to cope better with pressure and tension. Author **The Complete Book of Running by James**

F. Fixx, Paperback

...

About the Author:

James F. Fixx

(1932-1984) wrote the best-selling book, *The Complete Book of Running*. His book helped to launch the running and jogging boom in the United States and worldwide. In an ironic twist of fate, Fixx died at the age of fifty-two while jogging, only seven years

after his famous book was published.

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**Jim Fixx -
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The Complete Book of Running by James F Fixx - Alibris
The Complete Book of Running for Women is a phenomenal guide. Designed for women who have some background in distance running (e.g., through high school sports), this book provides a wealth of knowledge around how to run, train,

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James Fuller Fixx (April 23, 1932 - July 20, 1984), AKA Jim Fixx, was an American who wrote the 1977 best-selling book *The Complete Book of Running*. He is credited with helping start

America's fitness revolution by popularizing the sport of running and demonstrating the health benefits of regular jogging. He died of a heart attack while jogging at 52 years of age; his genetic predisposition ... Coronavirus and running: Jim Fixx's legacy resonates amid ...
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initial release, THE COMPLETE BOOK OF RUNNING has become a classic and remains what it was. Fixx intended it to be: a great guide for beginners and a textural gathering place for multitudes of runners. *The Complete Book of Running by James F. Fixx (1977 ...* Acknowledged authors Kowalchik, Claire wrote The Complete Book of Running for Women comprising 416

pages back in 1999. Textbook and eTextbook are published under ISBN 0671017039 and 9780671017033.