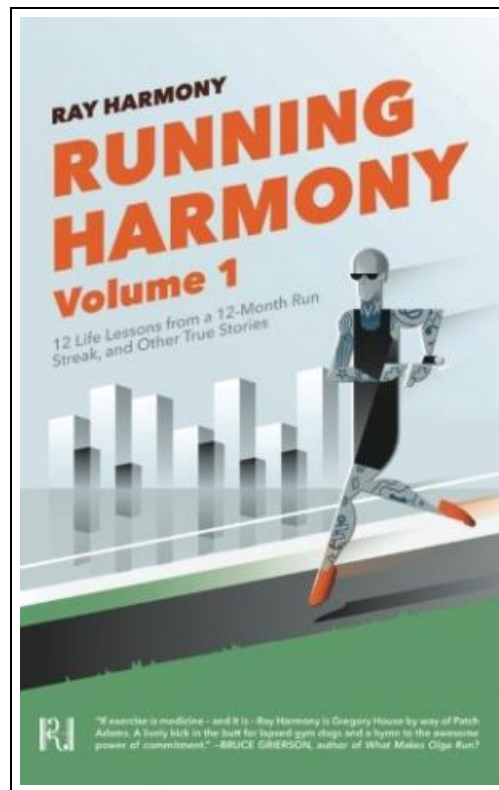# Running Harmony, Volume 1: 12 Life Lessons from a 12-Month Run Streak, and Other True Stories (Paperback)

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Reviews

It in one of the best publication. It is definitely simplistic but excitement in the 50 % in the ebook. I am very happy to let you know that this is basically the greatest publication i have got go through within my own existence and could be he greatest pdf for ever.
(Dr. Anya McKenzie)

RUNNING HARMONY, VOLUME 1: 12 LIFE LESSONS FROM A 12-MONTH RUN STREAK, AND OTHER TRUE STORIES (PAPERBACK)

Revolution Harmony, 2016. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. WTF is Running Harmony, and who the hell is this Harmony guy anyway? Running Harmony is the art of running hard, sitting soft, and eating kind. It s also the name of Ray Harmony s running column in Vegan Health Fitness magazine. This book is the first volume in the series, and is a collection of all Ray s writing on running from 2015 to 2016. Ray Harmony is a British African based in Canada via the USA, and has been Vegan Straight Edge for over 10 years. He is a full-time musician and author, and a part-time runner, who recently completed a one-year 5K-a-day running streak. Ray is a Vibram ambassador and runs exclusively in FiveFingers. His favourite distance is 5K, with a current PR of 18:41. He also has a handful of running medals, but he doesn t like showing off so he keeps them hidden in the zipped pocket of his laptop bag, mainly as an occasional reminder to himself that sometimes he can run pretty fast. Ray Harmony has made music with Serj Tankian from System of a Down, Tom Morello from Rage Against the Machine, and many more. Ray s running song Two Runs Make a Right is available for free download from his website: If exercise is medicine - and it is - Ray Harmony is Gregory House by way of Patch Adams. A lively kick in the butt for lapsed gym dogs and a hymn to the awesome power of commitment. -BRUCE GRIERSON, author of What Makes Olga Run? Ray submitted an excerpt from this book for his column in Vegan Health Fitness magazine. I was the lucky first one to read it, and immediately insisted...

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