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## RUN MUMMY RUN: INSPIRING WOMEN TO BE FIT, HEALTHY AND HAPPY (PAPERBACK)



Summersdale Publishers, United Kingdom, 2018. Paperback. Condition: New. Language: English . Brand New Book. If you re a mum who wants to run, there s nothing stopping you! When busy mum Leanne Davies set up a social media group for her and a couple of friends to encourage one another to go running, she never imagined it would quickly become a nationwide network of thousands of women, all sharing a passion for the sport and a penchant for colourful compression...

### Download PDF Run Mummy Run: Inspiring Women to Be Fit, Healthy and Happy (Paperback)

- Authored by Leanne Davies, Lucy Waterlow
- Released at 2018



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