



Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight

By Field, Ruth

The Experiment, 2013. Book Condition: New. Brand New, Unread Copy in Perfect Condition. A+ Customer Service! Summary: "This book has all the answers for the running newbie . . . The tough-love approach of a real coach can be encouraging. Laugh with her, lace up your shoes and head out the door. It's hard to stay seated while reading this book." -- Canadian Running "If you have a healthy body image and sense of humor, and need to give your motivation a kick in the pants, the Grit Doctor is for you! Ruth's combination of lashing and laughs will make you lace up and hit the ground running--no excuses." -- Kristin Armstrong , Contributing Editor for Runner's World magazine and author of Mile Markers: The 26.2 Most Important Reasons Why Women Run "If you need a fresh dose of incentive to get out (or back out) on the road, The Grit Doctor offers up a program of no-nonsense common sense laced with brutal honesty." -- Mina Samuels , author of Run Like a Girl " Get Off Your Ass and Run! is like having your best friend tell you to get real." -- Kara Goucher , Olympic Distance Runner and...



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