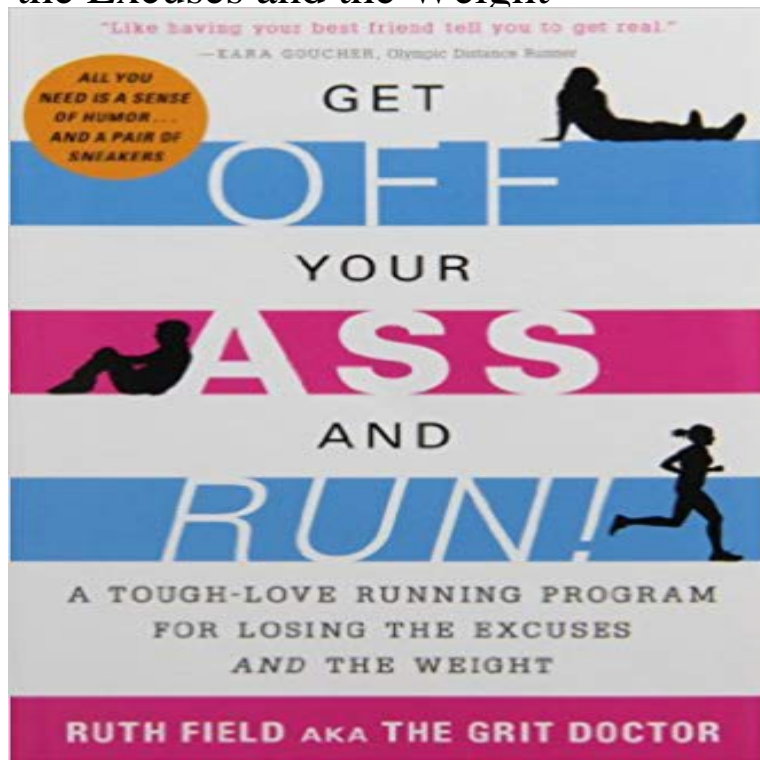


Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight



Is there a large ass-shaped dent in your sofa? A gym membership burning a hole in your bank account? Does the sight of your wobbly thighs leave you cowering under a blanket? Straight-talking, funny, and brutally honest, *Get Off Your Ass and Run!* will give you the push you need to get out of the door, up and running, and shedding pounds in no time. Hate running? No worries. *Get Off Your Ass and Run!* provides all the tools you need to transform that passion into real motivation. In just six easy steps, you will: Locate your long-lost energy and get moving. Follow a simple and completely foolproof beginners program. Learn to fuel your new running habit with the right foods. Take control of your life! If you want to lose weight, get fit, and embrace a completely new way of being, there's only one thing left to do...RUN!

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