

The Complete Book Of Running By James Fixx

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Fixx's own book, in hindsight, is almost pulsing with public-safety warnings. The cover of "The Complete Book of Running" is the flaming red of an emergency

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About Jim Fixx. Full Name: James Fuller Fixx Born: April 23, 1932 in New York City, New York, United States The Complete Book of Running. Quotes By Jim Fixx.

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The Complete Book of Running is a 1977 non-fiction book written by Jim Fixx. Contents 1 Overview 2 Author 3 References 4 External links Overview Google Books This

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The Complete Book of Running by James Fixx Discusses not only the physical benefits of running, but its psychological benefits as well: increasing self-esteem

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James Fixx The Complete Book of Running Publisher: Random House; 1 edition (September 12, 1977) Language: English Pages: 314 ISBN: 978-0394411590 Size: 16.31 MB

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Jim Fixx (1932-1984) was the author of the 1977 best-seller *The Complete Book of Running*, which sold over one million copies. Fixx is credited with popularizing the

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James Fuller Fixx was the author of the 1977 best-selling book, *The Complete Book of Running*. Best known as Jim Fixx, he is credited with helping start America's

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Available in the National Library of Australia collection. Author: Fixx, James F., -1984; Format: Book; xx,314p. : ill. ; 22cm.

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