



Finalmente runner (Italian Edition)

Luca Manetti

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Perché e come iniziare, la definizione di obiettivi e il metodo per raggiungerli, la gestione del tempo, la scelta del materiale, l'alimentazione, i benefici sulla salute, la motivazione, le gare e gli errori da evitare non sono che alcuni dei temi trattati.

Scritto in prima persona, il testo vuole essere leggero e diretto come una chiacchierata tra amici. Un momento di condivisione. La corsa può veramente cambiare la vita di una persona, rendendola più brillante, dinamica e felice. Basta veramente poco. Cosa aspetti quindi? Inizia a correre!

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