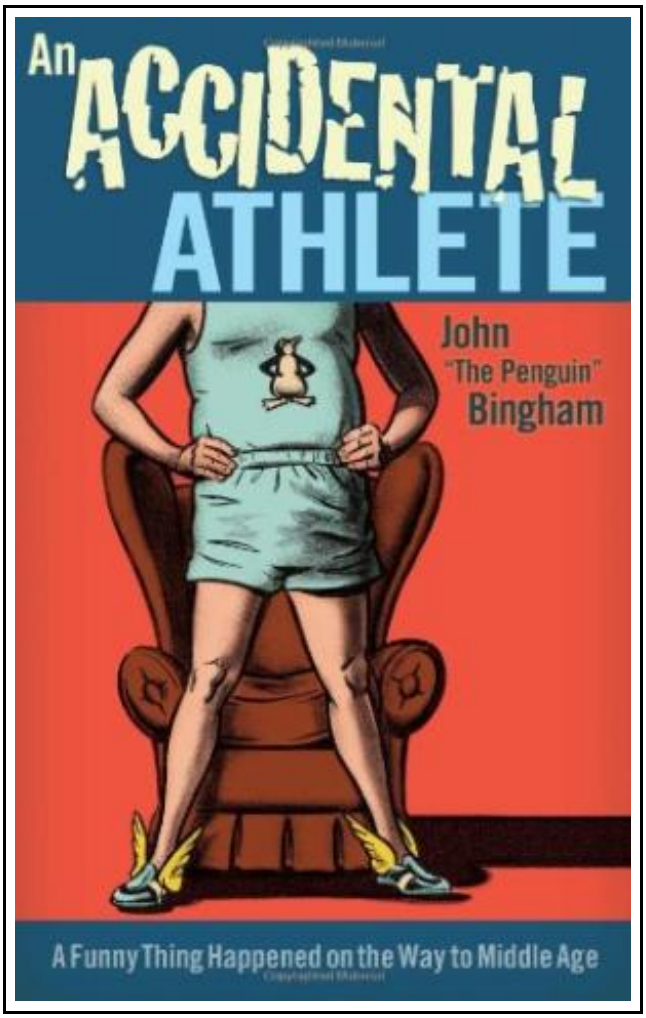
An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age



Filesize: 8.09 MB

Reviews

Complete guideline for publication fanatics. It is actually writter in straightforward words rather than confusing. I am effortlessly could get a pleasure of looking at a written book.
(Kirstin Schuppe)

AN ACCIDENTAL ATHLETE: A FUNNY THING HAPPENED ON THE WAY TO MIDDLE AGE

DOWNLOAD

VeloPress. Paperback. Book Condition: new. BRAND NEW, An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age, John Bingham, Known by fans as "The Penguin" for his back-of-the-pack speed, John Bingham is the unlikely hero of the modern running boom. In his book "An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age", the best-selling author and magazine columnist recalls his childhood dreams of athletic glory, sedentary years of unhealthy excess, and a life-changing transformation from couch potato to "adult-onset athlete." Overweight, uninspired, and saddled with a pack-and-a-half-a-day smoking habit, Bingham found himself firmly wedged into a middle-age slump. Then two frightening trips to the emergency department and a conversation with a happy piano tuner led him to discover running - and changed his life for the better. In turns inspiring, poignant, hilarious, and heartbreaking, "An Accidental Athlete" is a warm and engaging book for the everyday athlete. Bingham tells stories of the joys of running - the pride of the finisher's medal, a bureau-busting t-shirt collection, and intense back-of-the-pack strategising. "An Accidental Athlete" is about one man's discovery that middle age was not the finish line after all, but only the beginning.

Read An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age Online
Download PDF An Accidental Athlete: A Funny Thing Happened on the Way to Middle Age

See Also



Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age

Adams Media Corporation. Paperback. Book Condition: new. BRAND NEW, Unplug Your Kids: A Parent's Guide to Raising Happy, Active and Well-Adjusted Children in the Digital Age, David Dutwin, TV. Web Surfing. IMing. Text Messaging. Video...

Read Book »



Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book ***** Print on Demand *****. Hope for Autism: 10 Practical Solutions to Everyday...

Read Book »



Dont Line Their Pockets With Gold Line Your Own A Small How To Book on Living Large

Madelyn D R Books. Paperback. Book Condition: New. Paperback. 106 pages. Dimensions: 9.0in. x 6.0in. x 0.3in.This book is about my cousin, Billy a guy who taught me a lot over the years and who...

Read Book »



Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success

Brookes Publishing Co. Paperback. Book Condition: new. BRAND NEW, Six Steps to Inclusive Preschool Curriculum: A UDL-Based Framework for Children's School Success, Eva M. Horn, Susan B. Palmer, Gretchen D. Butera, Joan A. Lieber, How...

Read Book »



Houdini's Gift

Independent Publishers Group (IPG) - Chicago Review Press, 2009. Hardcover. Book Condition: New. Revisiting well-loved characters from a past adventure, this picture book presents animal-loving Ben with the challenge of having another pet after losing...

Read Book »

A Smarter Way to Learn JavaScript: The New Approach That Uses Technology to Cut Your Effort in Half (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 251 x 178 mm. Language: English . Brand New Book ***** Print on Demand *****.The ultimate learn-by-doing approachWritten for beginners, useful for experienced developers who want to

Download Book »

Learn em Good: Improve Your Child s Math Skills: Simple and Effective Ways to Become Your Child s Free Tutor Without Opening a Textbook (Paperback)

Createspace, United States, 2010. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.From a certified teacher and founder of an online tutoring website-a simple and

Download Book »

Twitter Marketing Workbook: How to Market Your Business on Twitter (Paperback)

Createspace Independent Publishing Platform, United States, 2016. Paperback. Book Condition: New. Workbook. 279 x 216 mm. Language: English . Brand New Book ***** Print on Demand *****.Twitter Marketing Workbook 2016 Learn how to market your

Download Book »

Becoming a Spacewalker: My Journey to the Stars (Hardback)

Purdue University Press, United States, 2014. Hardback. Book Condition: New. 284 x 216 mm. Language: English . Brand New Book. This nonfiction picture book is a children s version of NASA astronaut Jerry L. Ross

Download Book »

No Friends?: How to Make Friends Fast and Keep Them (Paperback)

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Do You Have NO Friends ? Are you tired of not having any

Download Book »