



## Wired to Run: The Runaholics Anonymous Guide to Living with Running Addiction (Paperback)

By Scoop Skupien

Andrews McMeel Publishing, United States, 2006. Paperback. Book Condition: New. 215 x 140 mm. Language: English . Brand New Book. Over 35 million people will go running this year in the United States alone. For some of us, it's more than just a hobby--over 11 million of us are runaholics. Runners and addicts. Addicts and runners. The two hardly seem to go together . . . unless you're one of those people who periodically put a couple of miles on your running shoes and then think things like, Boy, this feels good. I could go all day long. Then you do. Or at least try to. Running and addiction--as in running addiction--do indeed go together like chocolate and peanut butter, as *Wired to Run* makes so perfectly clear. Written by Scoop Skupien, a habitual runner for the past 30 years and the founder of Runaholics Anonymous, *Wired to Run* is a humorous trip through the world of runaholics and a host of issues that the running obsessed can't quite leave in their dust. It's a good-natured satire of healing groups that will keep readers--whether they're runners or run enablers--laughing page after breathless page. Central to...

DOWNLOAD



READ ONLINE  
[ 2.69 MB ]

### Reviews

*This created publication is wonderful. it absolutely was writtern extremely completely and beneficial. I discovered this publication from my dad and i encouraged this publication to discover.*

-- **Kristina Kshlerin DDS**

*An incredibly great ebook with lucid and perfect explanations. It is actually rally fascinating throgh studying period of time. It is extremely difficult to leave it before concluding, once you begin to read the book.*

-- **Josefina Yundt**