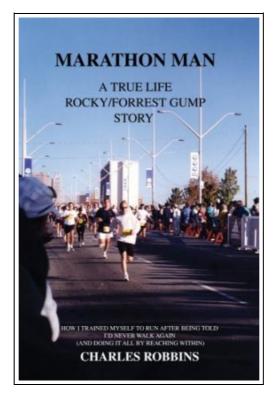
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iUniverse, United States, 2006. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. Charles Robbins has something known as Ankylosing Spondylitis (AS), a chronic, painful, deforming, inflammatory rheumatic disease. Despite this disease s debilitating affects, and a severe case of Acid Reflux, Charles Robbins has not just survived, but thrived. Once told he would never walk again, today Charles has run in and finished 40 marathons. Now the millions currently suffering from AS, the tens of millions suffering from other autoimmune deficiencies, and a score of those simply seeking inspiration to succeed can read all about Charles s extremely inspirational and motivational story, Marathon Man: How I Trained Myself to Run After Being Told I d Never Walk Again! (And Doing it All by Reaching Within.). They can also continue to see him all across this great country doing the high profile events that he creates and does all on his own. Filled with inspiring personal anecdotes, practical advice, and topped off with a handy reference guide, Marathon Man is a combination memoir/self-help book designed to inspire not only those suffering from disabilities but indeed the general American public and everyone who needs help getting off the couch and getting started with whatever they want to do. Charles shows them that they can do it!.



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