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Couple on The Run: 8 Countries, 8 Weeks, 1 Couple

By Dr Andrew Robert O'Brien

Publishing That Matters. Paperback. Book Condition: New. Paperback. 304 pages. Dimensions: 9.0in. x 5.9in. x 0.8in. Couple on the Run is a story for couples and individuals, for runners and non runners. A fascinating tale of determination, love, endurance and perseverance for people of all ages it combines success principles from business, fitness and relationships to create desired futures through the power of partnership. Couple on the Run captures the journey of a successful work obsessed CEO who was also an unfit couch potato struck down with Chronic Fatigue Syndrome (Andrew) and a lifelong fitness devotee and competitive athlete (Sue) as they combine their talents to go further together. Running 8 marathons in 8 countries in 8 weeks they put themselves to the ultimate test and encourage others to dare to make their dreams a reality too. Couple on the Run is a valuable contribution to fitness, friendship and relationship-building that enables the reader to move from inspiration to action and will enhance the lives of people around the world. Jeff Galloway, US Olympian, Best Selling Author and Running Expert No-one should underestimate the enormity of the feat of this suburban, middle aged couple. If this is what partnering and Partnerrunning...



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