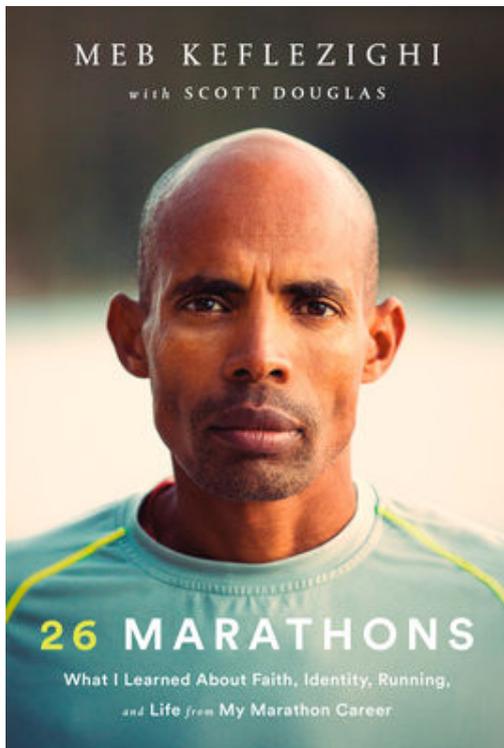


# Download 26 Marathons free Meb Keflezighi & Scott Douglas (PDF, ePub, Mobi)



**NEW YORK TIMES BESTSELLER • A world-class runner and four-time Olympian shares the life lessons he's learned from each of the twenty-six marathons he's run in his storied career.**

**"An athlete whose wisdom and lessons aren't just for runners."—*The Washington Post***

When Meb Keflezighi—the first person in history to win both the Boston and New York City marathons as well as an Olympic marathon medal—ran his final marathon in New York City on November 5, 2017, it marked the end of an extraordinary distance-running career.

Meb's last marathon was also his twenty-sixth, and each of those marathons has come with its own unique challenges, rewards, and outcomes. In *26 Marathons*, Meb takes readers on those legendary races, along every hill, bend, and unexpected turn of events that made each marathon an

exceptional learning experience, and a fascinating story.

*26 Marathons* offers the wisdom Meb has gleaned about life, family, identity, and faith in addition to tips about running, training, and nutrition. He shows runners of all levels how to apply the lessons he's learned to their own running and lives. Equal parts inspiration and practical advice, *26 Marathons* provides an inside look at the life and success of one of the greatest runners living today.

## **Praise for *26 Marathons***

**"*26 Marathons* is a swift read, guaranteed to be popular with student athletes plus hard-core and recreational runners, who will undoubtedly agree that Meb is an American treasure and running ambassador who never fails to inspire."—*Booklist* (starred review)**

**"*26 Marathons* gives great insight about the ups and downs in marathon running and how to cope with them. As Meb shows, dealing with these marathon experiences help us become better in our lives."—**Eliud Kipchoge, Marathon World Record Holder and 2016 Olympic Gold Medalist****

**"Meb's *26 Marathons* is like opening a treasure chest full of inspiring stories that give behind-the-scenes glimpse into the mental and physical joys and obstacles that elite-level racing can bring. His advice on training, overcoming injuries, and adversity is for everyone. It's pure gold!"—**Shalane Flanagan, 2017 TCS NYC Marathon Champion****

**título** : 26 Marathons  
**Autor** : Meb Keflezighi & Scott Douglas

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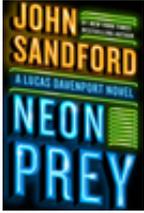
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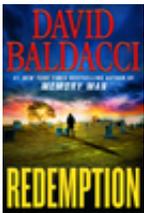


<http://media.woobooks.info/us-1419092152/neon-prey.html>

Lucas Davenport tracks a prolific serial killer in the newest nail-biter by #1 New York Times -bestselling author John Sandford. Clayton Deese looks like a small-time criminal, muscle for hire when his loan shark boss needs to teach someone a lesson. Now, seven months after a job that went south...

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### [PDF] Redemption

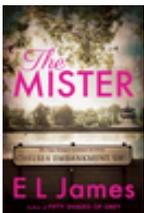


<http://media.woobooks.info/us-1422601796/redemption.html>

Detective Amos Decker discovers that a mistake he made as a rookie detective may have led to deadly consequences in the latest Memory Man thriller in David Baldacci's #1 New York Times bestselling series. Decker is visiting his hometown of Burlington, Ohio, when he's approached by a man named Meryl...

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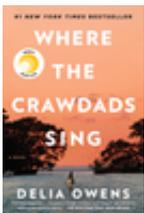


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The passionate new romance from E L James, author of the phenomenal #1 bestselling Fifty Shades Trilogy London, 2019. Life has been easy for Maxim Trevelyan. With his good looks, aristocratic connections, and money, he's never had to work and he's rarely slept alone. But all that...

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### [PDF] Where the Crawdads Sing



<http://media.woobooks.info/us-1326615497/where-the-crawdads-sing.html>

#1 New York Times Bestseller A Reese Witherspoon x Hello Sunshine Book Club Pick "I can't even express how much I love this book! I didn't want this story to end!"--Reese Witherspoon "Painfully beautiful."-- The New York Times Book Review "Perfect for fans of Barbara..."

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### [PDF] Junk Mail



<http://media.woobooks.info/us-1435351607/junk-mail.html>

It all started with a sexy selfie. Texted to the wrong number. Oops. Not my finest moment—but I have nothing to be ashamed of. She thought I was no better, and I quote, than the knuckle-dragging douche-bags she was never dating again. It was a stupid dare from a girl I'd met online, but...

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## [PDF] **Missing You**



<http://media.woobooks.info/us-666431437/missing-you.html>

From master of suspense Harlan Coben comes the #1 New York Times bestseller about the ties we have to our past—and the lies that bind us together—as the ultimate Internet scam unfolds... Surfing an online dating site, NYPD detective Kat Donovan feels her whole world...

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## [PDF] **The Mueller Report**



<http://media.woobooks.info/us-1454697755/the-mueller-report.html>

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