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## Marathons: Reborn to Run 7 Continents + North Pole After Coronary Heart Disease

By MR Anand Anantharaman

Createspace, United States, 2014. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Anand Anantharaman runs his first race on turning 55. An angioplasty thereafter steels his resolve to run the world-over. Before 60, he runs all seven continents and the North Pole to hit the elite Marathon Grand Slam Club which has 43 members worldwide. Foreword by Barefoot Ted FUNDAMENTALLY, our life is an adventure, our world a place to explore, discover and share. And indeed our body is the tool of self-discovery and experimentation through which we perform our own very personal adventure, the vehicle through which we journey along our own odyssey, our own epic. Anand's book is the record of one such journey. From the very first time I met Anand, I knew I was meeting someone who was on an epic journey of self-discovery. I am a very blessed person. I get to meet and interact with so many people who have been inspired by the book Born to Run and the zany character I represent in the book Barefoot Ted. It has been my privilege to get to know personally so many fascinating and...



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