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A Marathon Journey: Lessons in Goal Setting

Thomas A Mayberry

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A Marathon Journey is an inspirational look at how you can achieve your goals no matter how daunting they may seem. This is told through the point of view of a man in his fifties that pursued running as a way to lose weight. The author had never run more than a mile at a time in his life and within eighteen months, was able to run three half marathons and a full marathon. Thomas breaks down goal setting into manageable steps to enable you to achieve even your most elusive goals.

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