



# **Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight**

*Ruth Field*

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# Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight

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## Get Off Your Ass and Run!: A Tough-Love Running Program for Losing the Excuses and the Weight Ruth Field

Is there a large ass-shaped dent in your sofa? A gym membership burning a hole in your bank account? Does the sight of your wobbly thighs leave you cowering under a blanket?

Straight-talking, funny, and brutally honest, *Get Off Your Ass and Run!* will give you?yes, you?the push you need to get out of the door, up and running, and shedding pounds in no time.

Hate running? No worries. *Get Off Your Ass and Run!* provides all the tools you need to transform that passion into real motivation. In just six easy steps, you will:

- Locate your long-lost energy and get moving
- Follow a simple and completely foolproof beginner's program
- Learn to fuel your new running habit with the right foods
- Take control of your life!

If you want to lose weight, get fit, and embrace a completely new way of being, there's only one thing left to do...RUN!

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