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Matt Fitzgerald**

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RUN: The Mind-Body Method Of Running By Feel . By Matt Fitzgerald, Published Apr. 29, 2010, Updated Apr. 30, 2010 at 9:28 AM UTC

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Matt Fitzgerald is an award-winning endurance sports journalist and bestselling author of more than 20 books on running, triathlon, fitness, nutrition, and weight

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Matt Fitzgerald is an award-winning endurance sports journalist and bestselling author of more than 20 books on running, triathlon, fitness, nutrition, and weight

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Matt Fitzgerald has put together a wonderful book on how to use that big brain of yours to excel in running and feel your way to superior performance.

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