



Running Wild: An Extraordinary Adventure from the Spiritual World of Running

John Annerino

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In this story of rare triumph, John Annerino chronicles his progress from injury to recovery to victory. Badly hurt in a climbing accident and told he would never run again, the author defied his doctors and his own overwhelming pain to run the length of the Grand Canyon three times, rediscovering Native American trade routes lost to modern knowledge. An incredible journey and spiritual quest to the limits of physical and mental endurance, *Running Wild* takes you there and leaves you breathless.

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