

SCOTT JUREK EAT AND RUN



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Scott Jurek ist ein weltberühmter Ultramarathon-Läufer, der rein vegan lebt. Er wurde nicht nur in den zwei Bestsellern Born to run und Der 4-Stunden-Körper erwähnt, sondern diverse Medien, CNN, New York Times, USA Today, Wall Street Journal, haben bereits über ihn berichtet.

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Eat and Run My Unlikely Journey to Ultramarathon

I'm a longtime admirer of Scott Jurek, both for his athleticism and veganism, and was really looking forward to this book. Within two pages, however, I was shocked at its simplistic, childish tone and oddly terse sentences. EAT AND RUN is, at times, more difficult to read than a sophisticated piece of literature.

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Scott Jurek Wikipedia

Scott Gordon Jurek (born October 26, 1973) is an American ultramarathoner, New York Times bestselling author of *Eat & Run*, and public speaker.

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