



Don't Stop Me Now: 26.2 Tales of a Runner's Obsession

Vassos Alexander

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Vassos Alexander, a presenter for BBC Radio 2's *The Chris Evans Breakfast* show and sports journalist, shares the highs and lows of falling in love with running, charting his journey from twenty-a-day smoker to twenty-kilometers-a-day runner (and Ironman). This isn't a how-to book, it's a celebration of running and what lots of us think about when we run--part therapy, part escape, part self-discovery, part weight loss, part midlife crisis, and part simple childlike joy of running when you could be walking.

A celebratory book, *Don't Stop Me Now* is separated into 26.2 chapters, and features chapter titles that are great running songs, while each chapter includes interviews with some of the inspirational runners Vassos meets as part of his day job--from Haile Gebrselassie and Mohamed Farah to Steve Cram, Sally Gunnell, and Paula Radcliffe. Find out how they got into running and what running means to them.

Funny, inspiring, honest--the perfect read for anyone in love with running or thinking about starting!

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