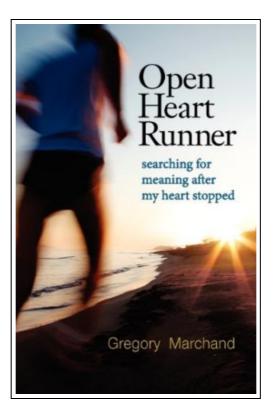
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Reviews

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OPEN HEART RUNNER: SEARCHING FOR MEANING AFTER MY HEART STOPPED (PAPERBACK)



Agio Publishing House, Canada, 2012. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. OPEN HEART RUNNER: searching for meaning after my heart stopped When 40-year-old Gregory Marchand suffered a cardiac arrest at the end of an eight-kilometer road race and was without a pulse for 20 minutes, few thought he would survive. This inspiring story of hope tells how he battled through a coma, heart surgery and debilitating brain injury to search for the meaning behind his survival that doctors called miraculous. For the highly-trained athlete, weekend warrior, or anyone (runner or not) who has feared death, Gregory s meditative memoir offers insight into how nearly dying can bring new life. ADVANCE REVIEWS Because people are very good at forgetting what life is really about, Open Heart Runner is so important. Gregory Marchand reminds us of many things: our fragility, our capacity for love, our deep desire for meaning. - Terence Young, Governor-General s-Award-nominated poet and author of the novel After Goodlake s Gregory Marchand s story is at first frightening and ultimately uplifting. - Joe Henderson, author, running coach and former chief editor of Runner s World magazine Gregory Marchand takes us to a place where most of us will never be, or would choose to go. He re-enters life with rich insights that can help us all on our journey down the right road. - Rob Reid, Race Director of the Royal Victoria Marathon ABOUT THE AUTHOR, GREGORY MARCHAND Gregory Marchand has been a runner and competitive athlete all his life. Since suffering a cardiac arrest and subsequently undergoing openheart surgery in 1998, his running has continued to be a major focus in his life but now as a source of wellness and spiritual growth rather than competition. An educator and counsellor...

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