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SAVED MY LIFE Author:

Bella Mackie Number of

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In Jog On, Bella explains with hilarious and unfiltered honesty how she used running to battle crippling anxiety and depression, without having to sacrifice her main loves: booze, cigarettes and ice cream With the help of a supporting cast of doctors, psychologists, sportspeople and friends, she shares a wealth of inspirational stories

JOGON- REMOVING 1M RUNNING SHOES FROM LANDFILL

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JogOn take old running shoes that have outlived their performance function, but are still good to wear, and we recycle them and distribute them via Charities, NGOs and support micro-businesses. JogOn is a campaign run by www.joggingbuddy

com founder Tony Piedade aimed at keeping perfectly usable running shoes out of landfill
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 Divorced and struggling with deep-rooted mental health problems, Bella

Mackie ended her twenties in tears She could barely find the strength to get off the sofa, let alone piece her life back together

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The JOG ON Hoodie, the perfect running companion at races and parkrun Warm, lightweight and highly visible Available in the classic JOG ON electric orange Drop shoulder style Brushed back fleece Double fabric hood Flat lace drawcord Front pouch pocket Ribbed cuffs and hem Twin needle stitching

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Jul 24, 2021 · Bella Mackie's first book, called Jog On: How Running Saved My Life, was a non-fiction best-seller

Photograph: David M Bennett/Dave Bennett/Getty Images The novel's protagonist is 28-year-old *Jog On: How Running Saved My Life* - HarperCollins Publishers

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"Jog On - How Running Saved My Life" by Bella Mackie
In Jog On, author Bella Mackie lays out her experience of divorce in her late twenties, her debilitating battle with mental health issues and her seemingly uncharacteristic and sudden adoption of

running as the means to addressing some of her struggles

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promote weight loss, and improve your body composition According to the American Council on

Exercise, a 150-pound person burns about 362 calories during a 40-

minute run at a 12-minute per mile pace If that same person were to run an 8:30-minute