



## On Track: Life Lessons from the Track & Field

*Jon M. Stolpe*

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# On Track: Life Lessons from the Track & Field

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**On Track: Life Lessons from the Track & Field** Jon M. Stolpe

**Do you ever feel like your life is off track?** This book isn't just for the runner or athlete. **On Track** provides practical life lessons we all can embrace. If you're stuck in a rut or need a little guidance in finding your way, this book will help you get **On Track!** Author Jon Stolpe shares his own experiences on and off the track as an athlete, a spectator, and active participant in life. **On Track - Life Lessons from the Track & Field** takes readers from the starting blocks through the race to the finish line in a book that will stretch and encourage.



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