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From The Legendary Dr. George Sheehan By Andrew
Sheehan, George Sheehan**

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George A. Sheehan (November 5, 1918 - November 1, 1993) was a physician, senior athlete and author best known for his writings about the sport of running. His book, "Running & Being: The Total Experience," became a New York He served as a doctor in the United States Navy in the South Pacific during World War II

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