# Beyond Impossible From Reluctant Runner To Guinness World Record Breaker

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For example, 4-ounce servings of Impossible meat and Beyond Burger have comparable calories and saturated fats as a 4-ounce serving of lean beef, thanks to the alt meats' coconut and sunflower oils.

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Beyond Impossible: From Reluctant Runner to Guinness World Record Breaker by. Mimi Anderson. 4.16 · Rating details · 257 ratings · 22 reviews When Mimi first started jogging on a treadmill as an unfit 36-year-old mother-of-three, she never imagined she would go on to become a World-Record-breaking ultrarunner.

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Beyond Impossible: From Reluctant Runner to Guinness World Record Breaker (Bog, Paperback / Softback, Engelsk) - Forfatter: Mimi Anderson - Forlag: Summersdale Publishers - ISBN-13: 9781786850546

# Plant-Based Meat | Impossible Burger and Beyond Meat

Future Shocks (27 minutes), is a documentary about Blade Runner from 2003 made by TVOntario (as part of their Film 101 series), has interviews with executive producer Bud Yorkin, Syd Mead, and the cast along with Sean Young, but again without Harrison Ford. There is extensive commentary by science fiction author Robert J. Sawyer and film critics as the documentary focuses on the themes, visual ...

# Ridley Scott's 'Blade Runner ... - Cinephilia & Beyond

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# **Beyond impossible: from reluctant runner to Guinness...**

Beyond Impossible charts Mimi's journey from an unfit 36 year old who started running because she wanted thinner legs, to a top ultra runner and world record holder. However, the most compelling parts of the book tell the story of Mimi's battles with anorexia, triggered by abuse and bullying as a child.

# Beyond Impossible: From Reluctant Runner to Guinness World ... $P_{Page 3/5}$

Beyond Impossible: From Reluctant Runner to Guinness World Record Breaker by Mimi Anderson and Lucy Waterlow English | 2017 | ISBN: 1786850540 | 272 Pages | PDF | 4 MB

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