



Limitless Humans: How Running Helped Me Live a Meaningful Life

Sukant Suki Singh

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About the Book

In *Limitless Humans*, Sukant Suki Singh tells how running the 100 km Surf Coast Century ultra marathon changed his life and helped him to overcome stress and anxiety.

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About the Author

Sukant Suki Singh :- is a runner. After running 22 marathons, including some ultra marathons, he has many lessons to share about how running has given him a deeper understanding of himself and the world.