



## 14 Minutes: A Running Legend s Life and Death and Life

By Alberto Salazar, John Brant

Audible Studios on Brilliance, 2016. CD-Audio. Condition: New. Unabridged. Language: English . Brand New. 14 Minutes is the memoir of Alberto Salazar, the most accomplished, charismatic, and controversial marathoner in history. The narrative is framed in the 14 minutes in which Salazar was clinically dead after his shocking heart attack in 2007. The story describes his tempestuous relationship with his father, Jose Salazar, who was a close ally of Fidel Castro during the Cuban revolution. The narrative follows Alberto s boyhood in New England, his rise to stardom at the University of Oregon, his dramatic victories in the New York City and Boston Marathons, his long malaise due to injuries, which resulted in a near-suicidal depression; his resurgence due to intense spiritual experiences and discipline; his close alliance with Phil Knight and the Nike corporation; and describes his numerous near-death experiences. In this book those 14 minutes will be considered from every possible angle. Salazar will share some of the surprising things he s learned about cardiovascular disease and cardiovascular health. He will also share how modern medical science and technology are fundamentally changing the way we think about death. Salazar will acquaint listeners with the latest research studying the...



[READ ONLINE](#)  
[ 9.02 MB ]

### Reviews

*The best publication i actually study. I actually have study and so i am confident that i am going to likely to study once more yet again later on. You will not sense monotony at at any moment of your respective time (that's what catalogs are for relating to if you ask me).*

-- **Ernest Bergnaum**

*This composed pdf is excellent. We have go through and that i am certain that i am going to likely to read again once more down the road. I am just happy to explain how this is basically the very best publication i have go through within my own daily life and can be he best publication for actually.*

-- **Anika Kertzmann**