## [PDF] Running Free: Breaking Out From Locked-In Syndrome

## Kate Allatt, Alison Stokes - pdf download free book



Books Details: Title: Running Free: Breaking Out Fr Author: Kate Allatt, Alison Stokes Released: 2011-07-01 Language: Pages: 240 ISBN: 1908006641 ISBN13: 978-1908006646 ASIN: 1908006641

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## **Description:**

Review "Kate's life was torn apart...her recovery has been amazing." -- Daily Mirror

**About the Author** Kate Allatt is a 40-year-old mother of three and a keen fell runner. She lives in the UK with her husband Mark and three children India, 11, Harvey, 10 and Woody, six. Before her stroke she ran her own digital marketing company and was preparing an expedition to climb Mount

Kilimanjaro.

Alison Stokes is a UK-based writer and journalist, who writes for national magazines in the UK and US and regional newspapers in Wales. For many years she was a features editor at Trinity Mirror's South Wales Echo. She also works as a part-time university lecturer in journalism and publishing manager.

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