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Christopher McDougall - New York Times Bestselling Author

Christopher McDougall (born 1962) is an American author and journalist. He is best known for his 2009 book Born to Run: A Hidden Tribe, Superathletes, and the Greatest Race the World Has Never Seen. He has also written for Esquire, The New York Times Magazine, Outside, Men's Journal, and New York. ar: and was a contributing editor for Men's Health.

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