



# Everything Will Work Out In The Long Run

*Dave Urwin*

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## **Everything Will Work Out In The Long Run** Dave Urwin

What does a gang-related murder in the 14th century have to do with a missed job opportunity in the early 80s, or an intense panic attack by the side of the A303 in February 2003, or a spontaneous decision in the midst of a failing relationship? Well these are all occurrences that to some degree led to Dave Urwin lining up at the start of the Caesar's Camp 100 Mile Endurance Run in October 2013. In 'Everything Will Work Out in the Long Run' these events and many more are elaborated on, telling the story of how Dave looked for a way to cope with a world that made little sense to him from a very young age. This led him down the slippery slope of drug and alcohol dependency and to a point of total burn-out, the overcoming of which and the desperation not to return to would characterise everything he did for years afterwards. He never knew if he was running away from something or running towards something, but it was through running that he gradually began to piece back together the person he truly was. Running led him to some awe-inspiring places, and to meet some amazing characters but most importantly of all, it ultimately led him to discover what truly allowed him to believe that everything will work out in the long run.

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