



DOWNLOAD



Run for Your Life : Mindful Running for a Happy Life

By William Pullen

Penguin Life Penguin UK Jan 2017, 2017. Taschenbuch.

Condition: Neu. Neuware - We all know how a long walk, a slow jog or a brisk run can free our minds to wander, and give us a powerful uplifting feeling. Some call it the 'runner's high', others put it down to endorphins. But what if we could channel that energy and use it to make positive change in our lives William Pullen is a psychotherapist who helps people dealing with anxiety, lack of motivation and addiction, to work through their issues using his revolutionary method, Dynamic Running Therapy. He believes that we need a radical new approach to mindfulness: an approach that originates in the body itself. Whether you are looking for strategies to cope with anxiety, change or decision-making, or simply want to focus your mind while pounding the streets, Run for Your Life offers a series of simple mental routines that unleash the meditative, restorative powers of exercise. 224 pp. Englisch.



READ ONLINE

[8.14 MB]

Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**