



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.

DOWNLOAD



READ ONLINE
[3.01 MB]

Reviews

An incredibly wonderful ebook with perfect and lucid explanations. I really could comprehend every little thing using this written e publication. It is extremely difficult to leave it before concluding, once you begin to read the book.

-- **Tomas Flatley**

Most of these ebook is the ideal pdf readily available. it was actually writtern quite flawlessly and valuable. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Prof. Jordy Kihn**