



Zen and the Art of Running: The Path to Making Peace with Your Pace

Larry Shapiro

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All that I am, I am because of my mind. --Paavo Nurmi, Olympic runner with nine gold medals in track & field

All runners strive to get in the "zone," but here they'll learn to enter the ZEN "zone"! By adopting Buddha's mindful approach, you will discover you can run longer, faster, and harder. This book shows how to align body and mind for success on - and off - the track! Iron Man triathlete and philosophy professor Larry Shapiro coaches you to:

- Walk the talk: Get out and run
- Practice mindfulness: Train harder
- Visualize success: Race the Zen way
- Accept and let go: Cope peacefully with injuries and aging

Complete with case studies, testimonials, and training techniques, this guide inspires seasoned runners and first timers alike to pound the path to enlightenment—one stride at a time!

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Why? Because this Zen and the Art of Running: The Path to Making Peace with Your Pace is an unordinary book that the inside of the guide waiting for you to snap the idea but latter it will zap you with the secret it inside. Reading this book alongside it was fantastic author who all write the book in such wonderful way makes the content inside of easier to understand, entertaining method but still convey the meaning fully. So , it is good for you because of not hesitating having this any longer or you going to regret it. This book will give you a lot of gains than the other book have got such as help improving your talent and your critical thinking method. So , still want to hold off having that book? If I were you I will go to the book store hurriedly.

Paul Andrews:

Playing with family in a park, coming to see the sea world or hanging out with friends is thing that usually you have done when you have spare time, in that case why you don't try factor that really opposite from that. A single activity that make you not sensation tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of knowledge. Even you love Zen and the Art of Running: The Path to Making Peace with Your Pace, you can enjoy both. It is very good combination right, you still would like to miss it? What kind of hang type is it? Oh come on its mind hangout guys. What? Still don't buy it, oh come on its known as reading friends.

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