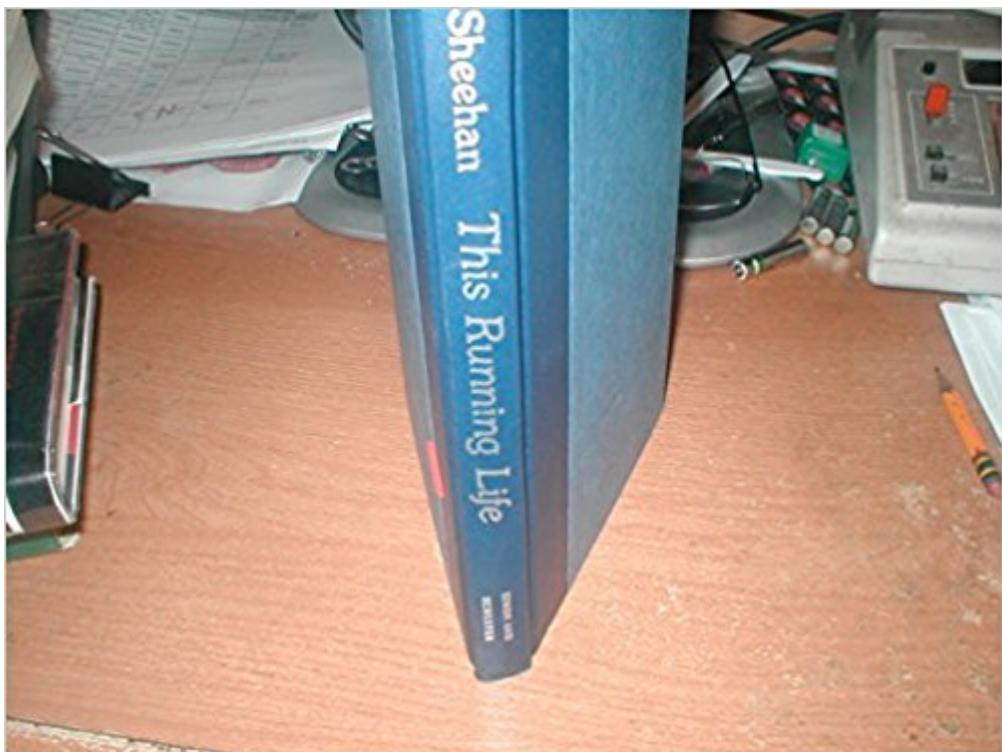


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# This Running Life



## Synopsis

"This practical training guide further develops Sheehan's idea that running is a metaphor for life and a path to self-knowledge, and explains how the body's design relates to running and fitness."

## Book Information

Hardcover: 287 pages

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Average Customer Review: 4.8 out of 5 stars 5 customer reviews

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## Customer Reviews

"This practical training guide further develops Sheehan's idea that running is a metaphor for life and a path to self-knowledge, and explains how the body's design relates to running and fitness."

This book was mentioned in Elite Minds and I loved it. Such a good read not just on running but also on life. I was actually underlining passages to return to, which I've never done in a running book before.

This book is unavailable for me in South Africa, but through , I was able to receive it . It is a classic work which I can read again and again. I will recommend to all runnerfriends.

Another winner. If you've read anything by Sheehan before, expect the same. Philosophy, science, motivation, and storytelling, all wound into one great book.

This is not a book on running tips. This book does not tell you how to pick out shoes, or how to train for the marathon. This book will not give you a running schedule or suggest what time of day is

better to run. But what this book will do is make you want to jump up from your easy chair, slap on a pair of sneakers, and run, run, run! This book gets to the spirit of running, the heart of the sport, the joy and the play. It reveals the soul of a runner whose life is empty without the time spent, dripping with sweat, heart racing, pounding mile after pleasant mile. If you want to see the heart of a runner, if you want to catch a glimpse at what the run is all about, read this book. A gem.

I read this one when it was first published in 1981. I had been a runner for over twenty years at that time and found the book and Dr. Sheehan's message quite lifting and a true inspiration. Like another reviewer pointed out, it is the type of book that makes you want to grab your shoes and hit the road. Over twenty years have past since that first reading. Yes, I am still running and ever so often, return to this work just to get my batteries charged. It is well written, easy to read and a true joy. It should be in every runner's library. Recommend this one highly.

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