Running & Being: The Total Experience

The book that got the whole world running

Running & Being

THE TOTAL EXPERIENCE



DR. GEORGE SHEEHAN

Foreword by Kenny Moore

Written by the late, beloved Dr. George Sheehan, Running & Being tells of the authors midlife return to the world of exercise, play, and competition, in which he found a world beyond sweat that proved to be a source of great revelation and personal growth. But Running & Being focuses more on life than it does, specifically, on running. It provides an outline for a lifetime program of fitness and joy, showing how the body helps determine our mental and spiritual energies.Drawing from the words and actions of the great athletes and thinkers throughout history, Dr. Sheehan ties it all together with his own philosophy on the importance of fitness and sport, as well as knowledge of training, prevention, and race competition. Above all, he describes what it means to experience the oneness of body and mind, of self and the universe. In this, he argues, we have the power to discover the truth that makes men free.

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