



Psychodynamic Running: The Complete, Definitive, Madman s Guide to Distance Running and the Marathon

By Ethan Gologor

Select Books Inc, United States, 2008. Paperback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book. Zen-like in its approach, Psychodynamic Running offers meditations on running (and the tools of running) as a tool to paint a picture of a man s journey from the recliner to the races. The assembled ruminations on the concept of running in all its forms, metaphors, and applications sheds light on what running really is, why we do it, and how to get it done. More importantly, Psychodynamic Running uses running as a template to examine connections between addiction, compulsion, socialisation, and therapy, and discusses the potential benefits and pitfalls of running and the runners culture. As both a respected author and academic, Dr Gologor combines research, experience, and a healthy dose of wit to present running as an overarching metaphor for life, and shows us how we can use it to get a handle on our own lives.



Reviews

The publication is fantastic and great. It really is basic but shocks from the 50 percent from the ebook. Its been written in an remarkably easy way in fact it is only soon after i finished reading this ebook in which really changed me, alter the way in my opinion.

-- Jayme Kuhlman

Very helpful for all type of individuals. It is amongst the most incredible ebook i have got study. I am just very easily could get a satisfaction of reading a composed publication.

-- Mikayla Romaguera

Related eBooks



The Voyagers Series - Europe: A New Multi-Media Adventure Book 1

Strength Through Communications, United States, 2011. Paperback. Book Condition: New. 229 x 152 mm. Language: English. Brand New Book ***** Print on Demand *****. The Voyagers Series is a new multi-media, multi-disciplinary approach to teaching reading that provides students with a stimulating,...



No Friends?: How to Make Friends Fast and Keep Them

Createspace, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Do You Have NO Friends? Are you tired of not having any friend and being lonely all the time...



Plentyofpickles.com

Createspace, United States, 2013. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Interested in taking a peek into the world of internet dating? Then order a copy of this adult non-fictional book...



Homeschool Your Child for Free: More Than 1,400 Smart, Effective, and Practical Resources for Educating Your Family at Home

Random House USA Inc, United States, 2009. Paperback. Book Condition: New. 2nd. 229 x 185 mm. Language: English . Brand New Book. Provide a solid education at home without breaking the bank. Introduced in 2000, Homeschool Your Child for Free gave countless...



The Right Kind of Pride: A Chronicle of Character, Caregiving and Community

Right Kind of Pride, United States, 2014. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. After 20 years of marriage author Christopher Cudworth and his wife Linda faced a future changed by...



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****. Getting Your FREE Bonus Download this book, read it to the end and see BONUS: Your FREE Gift chapter after...