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By Julia Chi Taylor

Lulu.com, United Kingdom, 2015. Paperback. Book Condition: New. 210 x 148 mm. Language: English . Brand New Book ***** Print on Demand ******.Running to Learn tells the compelling story of an international running career in which each step has led both round in circles and towards healing and awareness. Through the many highs and lows of her life, Julia discovered the skills necessary to perform at top level throughout times of difficulty as well as triumph both on and off the track. Here, Julia shares her journey behind her unique and dynamic approach to life - the struggles behind the performances, her battle with an eating disorder and the challenges of her personal relationships. Running to Learn shows how you can direct each of your own steps towards taking control of your life and moving towards a place where it's perfectly okay to be you.





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