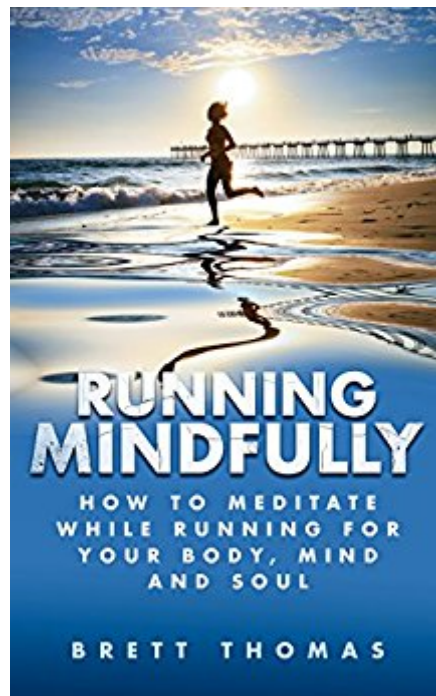


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# Running Mindfully: How To Meditate While Running For Your Body, Mind And Soul (Tibetan Buddhism, Mindful Running)



## Synopsis

Running Mindfully - How to Meditate While Running for Your Body, Mind and Soul Includes FREE easy to follow 8 Stage Mindful Running Program Meditation has definitely saved running for me. But this was never the plan when I started running and if you had asked me about meditation five years ago, my response would have mirrored so many other people's; in suggesting meditation is nothing more than a waste of time, an excuse to sit still that my busy life did not give me the luxury to partake in. But boy was I wrong! After a heavy running schedule at college, as a 'semi-serious' runner, I picked up a knee injury that side-lined me and ultimately meant not running at all for a very long time. I had been so obsessed with the time splits that I had forgotten to pay attention to my body and how it was responding to the increased workload. Years passed with nothing more than the occasional light run. The more time passed, the more I wanted to run again. The problem was that every time I tried, the years of muscle atrophy and overeating meant that even one mile was HARD. Sometimes I didn't even make it a mile before I convinced myself that tomorrow will be a better day for this, I didn't get enough sleep last night. I made all kinds of excuses for why I wasn't running, but when it came down to it, I just couldn't get past those all too familiar walls we make for ourselves. I was being challenged and my head just wasn't in to it anymore. I had lost my love for running. A friend of mine convinced me to speak to his Yoga instructor about Mindful Running. I was willing to listen, but I wasn't about to pay for some meaningless claims about not-thinking while running. The instructor explained the entire idea to me and by the end I was a little bit intrigued, enough to be willing to try it. I signed up to a two month plan and the rest is history! I've managed to run marathons, avoid injury and drastically improve my life with the lessons in this book. I hope you also find similar inspiration. This book is about what I'd learned during those few months. Everything you need to know about mindful running as I now refer to it. I can now say that meditation and running go together better than peanut butter and jelly. By the end of my two month challenge, not only was I running again, I was actually enjoying it. I looked forward to my next run the second I was done with my current one. I learned to run in the moment, enjoying every step I took whilst also aligning these steps with future goals. Here's a preview of what's inside The Basics of Running Mindfully Adjusting to the New Routine How Meditation Comes into Running Tips and Tricks for Putting It Into Practice Easy to Follow 8 Stage Mindful Running Program and so much more! Download your copy today to receive all of this information. Scroll to the top of the page and select the Buy Button Tags: Tibetan Buddhism, Buddhist History, Mindful Running, Running Mindfully, Running Meditation, Spiritual Running, Yoga Running, Tibetan Buddhism, Buddhist History, Mindful Running, Running Mindfully, Running Meditation, Spiritual

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## **Book Information**

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## **Customer Reviews**

This book touches the core essence of meditation, its benefits and its connection with running. It provides tips on how to run mindfully and clearly demonstrates that it's possible to incorporate meditation into whatever you're doing, whether working, sitting, eating, walking and running but focuses its content on meditation and mindful running. The best part of this book that I like is the 8-stage mindful running program that you can follow on a daily basis that makes tremendous effect to your overall health and wellness.

I love running, but i had never think about breathing during my exercise. I took it as "automatically process" and now i know, that it was bad for me. After reading this book about Running Mindfully i am aimed with a bulletproof instruction how to use my breath wisely and get from running even more. After few exercises with my new knowledge from this book i am feeling more powerful,

peaceful minded and motivated. Thanks to the Brett for the great book.

Idea and connection between running and meditation is new for me but I enjoyed reading this book. There was a lot new for me in this book as running and healing chapter. Overall it was very informative idea for meditation.

I'm not a runner, but I am interested in mindfulness and I feel as though this approach can be applied to many other areas of everyday life such as walking or hiking and probably other activities as well. I really enjoyed this book and recommend it to everyone interested in mindfulness or meditation. Thanks for the read.

A most unique way of meditation and I am giving it a try. I like the way you put it over and the hints and tips is from your experience I like that. Running and meditation is an old art that monks and yogis use, so your book is well appreciated in this time.

This book is a very quick and easy read. This doesn't spend a great deal of time elaborating on the benefits before going into the meat of the application. I am now trying the methods described in the book. I recommend this book as a technique for applying meditation in the running program. There are other great books that go deeper into the benefits of meditation, but they don't do as good a job of explaining the technique.

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