

KEEP ON RUNNING



**THE HIGHS
AND LOWS OF A
MARATHON ADDICT**



Phil
Hewitt



Keep On Running The Highs And Lows Of A Marathon Addict

Thomas F. Carter



Keep On Running The Highs And Lows Of A Marathon Addict:

Keep on Running Phil Hewitt, 2012-04-02 Phil Hewitt has completed over 25 marathons in conditions ranging from blistering heat to snow and ice This account of his adventures from Berlin to New York looks at the highs and lows of running marathons the motivation to keep going when your body wants to stop and tries to answer the ultimate question Why do you do it

Urban Marathons Jonas Larsen, 2021-10-20 This original social science text approaches marathon running as an everyday practice and a designed event to draw upon and contribute to the literature on practice theory urban events rhythm analysis and mobility It bridges sport studies and discussions within sociology and geography about practice movement and the city Inspired by theoretical debates about embodied and multi sensuous mobilities social and material practices and urban rhythms this book explores the characteristics of marathon running as a bodily practice on the one hand and on the other marathon training grounds and events as unique places This account takes marathon running seriously using sociological and geographical theory to understand the practice in and of itself Based on original empirical research and accessible to readers taking them to training sessions in Copenhagen and to marathons in Tokyo Kyoto Berlin Frankfurt Valencia and Copenhagen it draws out the globalised codified and generic nature of marathon practices and design yet also brings out the significant local differences The book examines in ethnographic detail how marathon practices and places are produced by various materialities cultural scripts experts runners and spectators and practiced in embodied multi sensuous and emplaced ways by ordinary runners It develops a sociological practice approach to marathon running and geographical understanding of marathon places and rhythms It demonstrates that marathon running is of broad interest because it calls for and allows lively and expressive ways of conducting and writing research and understanding the becoming of bodies the intertwining of biological and mechanical rhythms and the eventful potential of streets It will appeal to postgraduate students and scholars in sport studies geography and sociology interested in running active mobility and ethnography as well as tourism and urban events The book will also appeal to general readers with an interest in marathon running

The Reason I Run Christopher Spriggs, 2015-06-11 Rich with insights and inspiration personal discoveries and unforgettable encounters The Reason I Run is an astonishing story that will make you laugh weep and wonder Join Chris on an incredible journey that will stay with you for the rest of your life

On Running and Becoming Human Thomas F. Carter, 2018-04-10 How does the simple act of running make us human As a form of enskilled movement that shapes how we perceive our surroundings running enacts a mindful bodily engagement with the world an engagement that generates our very minds through perceptual learning Thomas F Carter examines the interrelated aspects of a runner's being mind body and environs to illustrate that the skillful act of locomotion is one of principle ways that we as human beings become integral parts of the larger world Synthesizing recent developments in neuroscience anthropology and philosophy of mind On Running proves there is more to running than merely clocking up the miles

Designing Presence Jorge Crecis, Bridget Lappin, 2020-10-11

Designing Presence offers a unique insight into the training that has helped people around the world to cultivate more presence in both professional and personal settings. It explains the research behind the method of Towards Vivencia, shares stories of how it has been implemented, and offers practical exercises to apply it in any context. Presence is something that is often talked about but is difficult to pin down. We have all experienced moments when we felt one with what we are doing and with our environment. However, this feeling is usually fleeting, and we don't know when or how we will experience it again. Towards Vivencia is the first methodology of its kind to train performers to locate and replicate that specific state of consciousness associated with presence and peak performance. Based on over 20 years of experience combined with research in anthropology, philosophy, and the latest advances in neuroscience, Towards Vivencia enables performers to become fully engaged with their experience in order to operate at their highest possible level. This book aims to equip readers with the ability to actively design their experiences and create lasting changes, not only in how they approach performance but also how they approach their everyday lives.

Outrunning the Demons Phil Hewitt, 2019-01-24 THE RUNNING AWARDS BEST CHRISTMAS BOOK an inspiring collection of stories about runners who have run through unimaginable adversity to find perspective, resolution, and ultimately peace within themselves and with the universe. Dean Karnazes a really good book with fascinating stories. BBC Radio Four Today Programme Hope through running. Written by bestselling author Phil Hewitt. Outrunning the Demons is an exploration of the transformative power of running and how it can be the key to unlocking resilience we never knew we had. Running can take us to fantastic places. Just as importantly, it can also bring us back from terrible ones. For people in times of crisis, trauma, and physical or mental illness, when normality collapses, running can put things back together again. After bestselling author Phil Hewitt was viciously mugged, stabbed, and left for dead in 2016, he found himself suffering the acute symptoms of post-traumatic stress disorder. Unable to make sense of the horrific experience that had happened to him, Phil found that dedicating himself to running was slowly but surely helping him heal. Outrunning the Demons is an enriching and celebratory exploration of the transformative power of running and how it can be the key to unlocking resilience we never knew we had. Told through 34 deeply affecting real-life stories and covering such diverse themes as trauma, bereavement, addiction, depression, and anxiety, this compelling book is an exposition of just why running can so often be the answer to everything when we find ourselves in extremis.

101 Tips for Recovering from Addictions Richard A. Singer, Jr., 2017-08-04 101 Tips for Recovering from Addictions can help transform the life of any recovering addict from bleak to bright. These practical suggestions give hope from seeing the light at the end of the tunnel to realizing this light holds a promising future to reclaim. Readers will learn how to keep hope and seek help even in the darkest of days. How to deal with the major monster of denial. How to plan to become consistently productive. How to take care of your brain and body so that you're happier and healthier. How to routinely remember to never give up. How to push through and know that recovery can be realized. And much, much more. 101 Tips for Recovering from Addictions is a great resource giving a

simple fun and easily digestible format to a treasure trove of accumulated wisdom from the Winners who have overcome addictions to have a happy and healthy life Sarah Graham addiction expert and member of UK Advisory Council on the Misuse of Drugs ACMD Having worked with people struggling with addictions for many years I recognized many of the tools I regularly use among Rick Singer s 101 Tips for Recovering from Addictions I know they work Therefore I can confidently recommend this little book as inspiration and as a guide Bob Rich Ph D author of several self help and inspirational books 101 Tips for Recovering from Addictions is a thoughtful inspirational must have for anyone in the addiction field or going through addiction themselves Singer s own story is passionate loving and realistic Mari Sweeting Recovery Coach Substance Abuse Counselor and DUI Instructor Sonoma County California 101 Tips for Recovering from Addictions provides a safe space a space to learn tools that will encourage personal strength as you explore within and work to overcome your addiction With this book and personal dedication you can move towards freedom Robin Marvel author of Framing a Family Building a Foundation to Raise Confident Children Learn more at www.RickSingerBooks.com Self Help Substance Abuse Addictions General

Food Addiction Treatment For Overeating & Healthy Eating Guide On What To Eat Healthy Charle Mason, 2021-03-02 Food Addiction Treatment For Overeating When you have trouble losing unwanted weight and keeping it off you are not alone Millions of people are struggling with their healthy eating and lifestyle to help manage their weight But what most people do not notice is the link between emotional craving and eating and unwanted weight A part of your brain tells you that you need to eat a healthy meal but your craving is telling you to reach for the comfort food instead Chances are you end up with the comfort food but it is not for a lack of willpower or motivation Food addiction leads to various health related problems including being over weight and other eating disorders Food addiction is a mental and physical issue that requires mental and physical treatment Unlike other addictions you cannot eliminate food from your daily behaviors as you can with smoking or alcohol You need food to survive This means you need to find a way to stop your cravings and eat less in a realistic way As you navigate through the pages of this book you will find tips and techniques to help you understand your cravings how to stop them and ways to treat your food addiction Enjoy the simple and easy to follow tables lists and guides as you choose healthy meals over unhealthy and your wellbeing over cravings This book is designed to give you solutions to overeating in an inspiring and unique way Healthy Eating Guide On What To Eat Healthy We all eat We all know that some foods are better for us than others and we all know that the foods we crave are usually not the foods that are good for us Theory is great but practice is better This book is all about putting nutrition and food science theory to use in your life Learn which foods to eat and which to avoid and why This book will help you understand food and nutrition science and guide you through making the years of research work for you and your health Practice makes perfect routine is the best practice This food guide will help you create food rules to live by and make a diet plan that s balanced nutritious and keeps you engaged The book will explain how to ditch the added sugars and enjoy the natural flavors of food and help you set up a food plan for

a balanced unprocessed life It also details the use of fasting in your diet and explains how mindfulness and mental rest can help you reach your goals Best of all this book doesn't just tell you to eat or avoid certain things it gives you a detailed scientific reason why you should or should not have certain foods and drinks in your meal plan No more because I said so or according to x blogger Everything in these pages is backed by food and nutrition science explained simply and broken down to easily digestible bites That's not to say the process is easy You're training your own mind to enjoy the taste of unsweetened unprocessed untainted foods and that takes time and energy Everything will be explained in positive simple steps you can take to better your life

First Marathons Gail Waesche Kislevitz, 2014-04-28 Inspiring reading The Wall Street Journal One of the scariest things about running a marathon for the first time isn't the distance the muscle pain the chafing or the blisters It's not knowing what's going to happen That's why this disarmingly honest collection of first time accounts is so refreshing Runner's World UK First Marathons is the collected stories of 37 runners told in their own words describing the experience of running their first marathon Everything is covered from the early flickerings of desire all the way to full blown obsession the training the food the emotions every mile of this incredible journey First Marathons is the best instruction book you will ever find because you learn from the heartfelt life experience of others Illumination and inspiration are on every page These runners are old and young fat and thin men and women Some are famous like Grete Waitz Ted Corbitt and Bill Rodgers and others are just ordinary people all of whom have achieved something truly extraordinary Their collective message anyone can run a marathon everyone should It will change your life forever

The Healing Power of Running Jennifer Bonn, 2024-01-23 In her book *The Healing Power of Running* Jennifer Bonn describes how running saved her mentally physically and spiritually and she has put together stories of other runners as a testament to how running heals Jennifer also wants readers to realize how accessible running is and that everyone can adjust it to fit different goals and needs Running can make you feel powerful peaceful and hopeful and the running community makes everyone feel accepted The book also includes instructions on how to start a healing journey through running The Healing Power of Running is a book of realistic and actual events that can occur in anyone's life at any given point It explains ways that running has helped others strive and be successful in healing whether it is physically or mentally I found myself laughing crying and thinking Hmm I need to do this It's empowering and makes you want to RUN like there is no tomorrow The best part is it makes you want to create a bond with strangers who become family Read the book and you too will want to heal by running Kim Turner Aircraft mechanic III gen mods Jennifer Bonn writes an extremely helpful energetic and therapeutic book on the challenges and rewards of running The stories and examples shared by the runners with perfect notes about their journeys will help both beginners and seasoned runners Bonn's own running experiences alone are worth the read She finds easy ways to explain how running can become addictive and life changing I'll become a healthier person and possibly a better runner just by reading it The tips guidance and instructions are what most of us could use in life and it can be applied

anywhere Hal Cottingham Director of operations Global Technology Services [Chasing the Runner's High](#) Ray Charbonneau,2010-10-12 In Chasing the Runner s High Ray Charbonneau tells the story how he pushed his addiction to running up to and then past his limits There are plenty of hard miles but there s lots of fun along the way too as Ray shares what he learned what he should have learned and what he still has to learn from running Marshall Ulrich 4 time winner of the Badwater Ultramarathon and author of Running on Empty calls Chasing the Runner s High a look at one man s life and obsession with running and addictive behaviors Humorous at times but always looking toward the greater good Ray shares life s ups and downs and provides a hard look into the mind of a runner offering advice that can only be had with experience and hard fought miles underfoot Adena Schulzberg winner of the 2006 Arkansas Marathon writes these are brutally honest tales told with candor and frankness about strength courage obsession desire and hard won understanding of self and sport It s a great read for runners or for non runners who want to understand their running friends [www.y42k.com/books/chasingtherunnershigh.html](#)

Careerathon - Careers As Marathons Gurucharan Singh Gandhi,6-03-25 How do you endure the long and demanding journey to career success Whether you re running a marathon or building a career the principles remain the same preparation choices and temperament Careerathon bridges the worlds of marathons and careers offering more than 21 powerful and practical lessons to help you stay the course and achieve your goals Packed with actionable insights and implementable strategies this book is your guide to crossing the finish line both on the track and in your professional journey Lace up and take the first step because success like a marathon begins with just one Careerathon serves as a guide to inspire you to hit the track and stay the course km after km the book is a treat to read makes us reflective and moves the needle Ashok Ramchandran Director Human Resources Aditya Birla Group Careerathon is a phenomenal piece of writing I wish I d read this 15 years ago but der aaye durust aaye Shantanu Deshpande Founder CEO Bombay Shaving Company The BarberShop This is a brilliant book with sincere grounded insights and helps you with a great perspective on building a career over the longer term It will be helpful for people at all stages of their careers Krish Shankar Ex Group Head of HR Infosys For those navigating the unpredictable journey of careers Careerathon is a treasure trove of lessons offers guidance motivation and actionable insights Ashish Dikshit MD CEO Aditya Birla Fashion Retail

The Better Habits Workbook Stephanie Sorady Arias MSW,2022-10-11 Break free from bad habits for good Good news You are not your bad habits This empowering workbook shows you how to adjust your behavior and become more intentional with your choices so you can achieve your goals It s filled with tools and tips designed to help you establish a healthy positive routine that leads to lasting change Alter your habits Build healthier routines with simple proven techniques drawn from cognitive behavioral therapy mindfulness and behavior modification Overcome mental barriers Explore insightful prompts activities and affirmations that help you push past self doubt and ensure your goals and values are aligned Accomplish your goals Find hope and support in the inspiring stories of other people who used the strategies in this workbook to tackle bad

habits Learn how to develop better habits and drop the bad ones with this top choice in self improvement books **Running with Jesus** W. Bennett,2005-07-18 Sitting in the quiet morning his mind flashed back to his grandson Ethan and his stubborn display of determination to have his way Yes indeed he had to admit he was like his grandson He was also determined and perhaps that was the reason he couldn't escape that memory But he had so many times before relived memories of changes in his life Why Because he always felt great comfort in recalling the many difficult times he had been blessed Times when he had prayed for help like the 23rd mile incidents and had found something deep inside to help him through Though he considered himself a problem solver he felt like he knew his limitations Perhaps that's where he developed the attitude that he could deal with anything with the Lord's help but there were many many things he could not handle unless God helped Still this was uncharacteristic and he was drawn to problem solve **Journal of the U.S. Army Intelligence & Security Command** United States. Army. Army Intelligence & Security Command,1979 **Exercise Is Medicine** Judy Foreman,2020-01-02 Aging despite its dismal reputation is actually one of the great mysteries of the universe Why don't we just reproduce then exit fast like salmon Could aging just be one big evolutionary accident Is senescence the gradual falling apart of our bodies at least partially avoidable Can we extend the healthy lifespan and reduce the lingering debilitating effects of senescence In this book investigative health journalist Judy Foreman suggests that we actually can and the key element is exercise through its myriad effects on dozens of molecules in the brain the muscles and other organs It's no secret of course that exercise is good for you and that exercise can extend longevity What Foreman uncovers through extensive research into evolutionary biology exercise physiology and the new field of geroscience is exactly why exercise is so powerful the mechanisms now being discovered that account for the vast and varied effects of exercise all over the body Though Foreman also delves into pills designed to combat aging and so called exercise mimetics or pills that purport to produce the effects of exercise without the sweat her resounding conclusion is that exercise itself is by far the most effective and safest strategy for promoting a long healthy life In addition to providing a fascinating look at the science of exercise's effects on the body Foreman also provides answers to the most commonly asked practical questions about exercise False Fixes David Forbes,1994-01-01 This book examines recent efforts to rid society of addictions and finds them wanting The author examines everyday addictive patterns within modernist and postmodernist cultures and provides practical suggestions in the areas of substance abuse prevention and the addiction recovery movement **Runner's World**,2008-04 Runner's World magazine aims to help runners achieve their personal health fitness and performance goals and to inspire them with vivid memorable storytelling **Running Into Yourself** Jean-Paul Bédard,2016-06-15 The power of running to alleviate our suffering and frailties Whether you're a novice runner making your way from the couch to your first 5K race or an elite runner toeing the line at the start of the Olympic marathon you soon discover that within the beauty of movement there comes a point where you arrive at a mysterious boundary the border where one valiantly tries to quiet the mind while

allaying incapacitating doubts and fears This subtle negotiation this dance with discomfort is the birthplace of an inner fortitude and it demands we keep moving when everything inside us is screaming for us to quit Jean Paul B dard explores running s ability to nurture inner resilience and build community and how it can help us work through the traumas of addiction depression abuse or anxiety This book is a message strength and hope **Age Strong** Rachel

Cosgrove,2024-03-23 A guide to remaining athletic and strong as you age Stay strong and feel great as you move through the decades of your life with Age Strong A Woman s Guide to Feeling Athletic and Fit After 40 Internationally renowned personal trainer Rachel Cosgrove will help you increase metabolism lose body fat decrease osteoporosis risk boost stamina and increase self confidence as you move toward and through menopause With Age Strong you ll get pumped about setting goals eliminating excuses and meeting the aging process head on Read about real clients of the author and how they built muscle and confidence through strength training Get detailed instructions accompanied by full color photos on how to safely perform 73 traditional strength exercises and 41 mobility and warm up movements that will help strengthen your core lower body and upper body and help you develop power Follow the step by step plan that s worked for hundreds of women who have maintained their athleticism in their 40s their 50s and beyond Start with the base phase of the program to address common imbalances and learn how to master basic movements Then bump up the intensity a bit with the build phase before moving on to the stronger phase in which you ll build volume as you increase the number of reps and load for select exercises The final phase age strong shows you how to work up to suggested strength standards for exercises such as push ups squats and deadlifts Age Strong empowers you to take control of your body gain muscle improve body composition and learn new skills so you can stay strong and feel capable for life Earn continuing education credits units A continuing education exam that uses this book is also available It may be purchased separately or as part of a package that includes both the book and exam

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