



Mindful Running: How Meditative Running can Improve Performance and Make you a Happier, More Fulfilled Person (Paperback)

By Mackenzie L. Havey

Bloomsbury Publishing PLC, United Kingdom, 2017. Paperback. Condition: New. Language: English . Brand New Book. Tap into a powerful mind-body connection to optimize performance and boost happiness-on and off the running trails. What if the key to improving your running, shaping your body, and boosting your happiness was all in your mind? In Mindful Running, lifelong runner, coach, and fitness journalist Mackenzie L. Havey recounts her personal practice of meditative running and the influence it has had on her life. She taps a wide range of sources--from weekend warriors to Olympic runners, from coaches and sports psychologists to neuroscientists and meditation experts--to examine how training mental fitness through mindfulness can enhance your running practice and lead to a more contented existence. The research is clear: Mindfulness changes the very structure of the brain. Paired with physical training, mindful running has the potential to give you an edge when you're out logging miles, as well as help you hone the ability to exist in the present, endure challenges and hardship with ease and find greater happiness in all things big and small. Mindful running is a total body and mind fitness regimen with serious benefits that continue even when the...



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