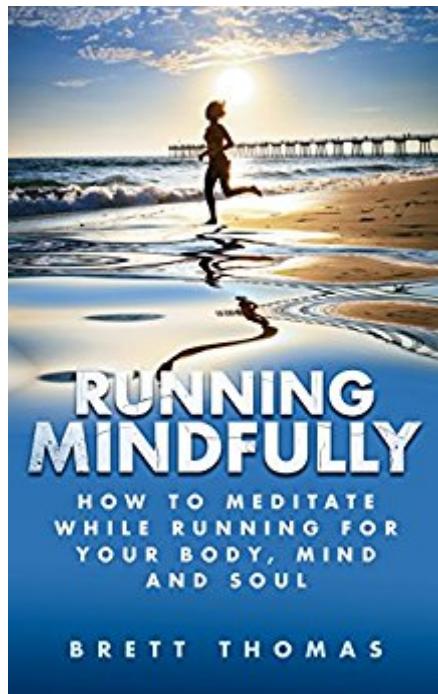


The book was found

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 SoulIncludes FREE easy to follow 8 Stage Mindful Running ProgramMeditation 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 peopleâ™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 didnâ™t even make it a mile before I convinced myself that âœtomorrow will be a better day for this, I didnâ™t get enough sleep last nightâ•.I made all kinds of excuses for why I wasnâ™t running, but when it came down to it, I just couldnâ™t get past those all too familiar walls we make for ourselves. I was being challenged and my head just wasnâ™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 wasnâ™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! Iâ™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 Iâ™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

Running, Yoga Running, Tibetan Buddhism, Buddhist History, Mindful Running, Running Mindfully, Running Meditation, Spiritual Running, Yoga Running

Book Information

File Size: 1349 KB

Print Length: 44 pages

Simultaneous Device Usage: Unlimited

Publisher: HRD Publishing (September 14, 2015)

Publication Date: September 14, 2015

Sold by: Digital Services LLC

Language: English

ASIN: B015EUTKRO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Enabled

Enhanced Typesetting: Enabled

Best Sellers Rank: #67,001 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #8 in Kindle Store > Kindle eBooks > History > Religion > Buddhism #18 in Books > Politics & Social Sciences > Philosophy > Eastern > Buddhism > History #18 in Kindle Store > Kindle eBooks > Religion & Spirituality > Buddhism > Tibetan

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 thought 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.

[Download to continue reading...](#)

Running Mindfully: How to Meditate While Running for Your Body, Mind and Soul (Tibetan Buddhism, Mindful Running) Buddhism: Buddhism For Beginners: Your Guide to Incorporate Buddhism into Your Life (Buddhism Focus, Buddhism Teachings, Buddhism History, and Buddhism ... Life) A Study of the Impact of Tibetan Buddhism on Tibetan Customary Law (A Tibetan-Chinese version) (Chinese Edition) Buddhism: Beginner's Guide to Understanding & Practicing Buddhism to Become Stress and Anxiety Free (Buddhism, Mindfulness, Meditation, Buddhism For Beginners) Buddhism: Buddhism for Beginners - The Ultimate Guide to Buddhist Teaching and Enlightenment (Zen Buddhism, Mindfulness, Guided Meditation, Exercises, Buddhism Psychology Books) BUDDHISM: Buddhism For Beginners: How To Go From Beginner To Monk And Master Your Mind (Buddhism For Beginners, Zen Meditation, Mindfulness, Chakras) Buddhism: How To Practice Buddhism In Your Everyday Life (Buddhism for Beginners, Zen Meditation, Inner Peace, Four Noble Truths) Buddhism: Buddhism For Beginners, The Complete Guide Of Buddhism, Everything You

Need To Know To Practice Buddhist Teachings In Your Everyday Life Tibetan Literature: Studies in Genre (Studies in Indo-Tibetan Buddhism) BUDDHISM: 50 Buddhist Teachings For Happiness, Spiritual Healing, And Enlightenment (Buddhism For Beginners, New Age Meditation, Dalai Lama, Zen Buddhism, Spiritual Guide, Stress Free, Dharma) BUDDHISM: Buddhism for Beginners: A Practical Guide to Spiritual Enlightenment (buddhism for beginners, zen, chakras, reiki, energy healing, spiritual awakening, mindfulness) Buddhism: Buddhism for Beginners: The Complete Introduction to Buddhism: Meditation Techniques, Acceptance, & Spiritual Practice (Buddhist, Meditation, ... Mindfulness, Zen, Inner Peace, Dalai Lama) Detox The Body: How To Detox Your Body For Fast Weight Loss (detox health, juicing, cleanse, diet, plan, foods, eating, naturally, juice, body mind soul, essentials, drinks, guide, book) Body Language: Body Language Training - Attract Women & Command Respect, by Mastering Your High Status Body Language (Body Language Attraction, Body Language ... Language Secrets, Nonverbal Communication) Buddha's Belly : Recipes For An Enlightened Mind: Mindful and Healthy Eating Based on Buddha's Diet Philosophy. Asian Vegetarian Cookbook Meals to Connect ... Your Inner Soul (Buddha's Belly Series 1) Meditation: How to Meditate: A Practical Guide to Making Friends with Your Mind BODY BUTTER: Homemade Body Butter Recipes - 30 DIY Body Butter Recipes For Softer, Healthier, And More Radiant Skin (Body Butter, Body Butter Recipes, natural remedies) How to Meditate in Just 2 Minutes: Easy Meditation for Beginners and Experts Alike. (Practical Stress Relief Techniques for Relaxation, Mindfulness & a Quiet Mind) The Tibetan Book of the Dead: The Cornerstone of Tibetan Thought (Cornerstone of . . . Series) The Star Spangled Buddhist: Zen, Tibetan, and Soka Gakkai Buddhism and the Quest for Enlightenment in America

[Dmca](#)