

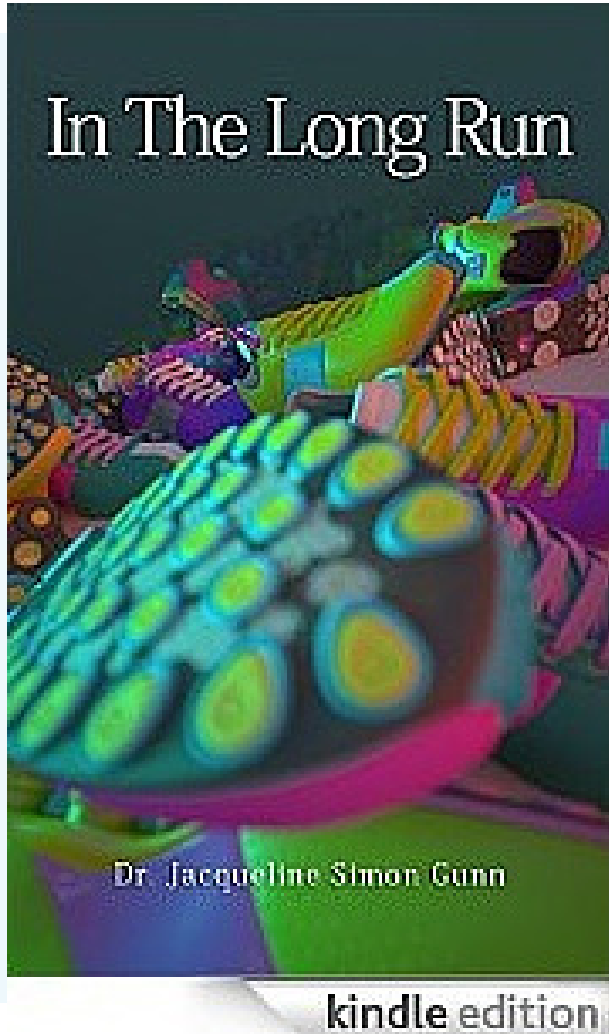


Mindfulness in Motion

Jacqueline Simon Gunn

www.drjacquelinegunn.com

In the Long Run: Reflections from the Road [Kindle Edition]



Running isn't just good for us physically, it teaches us how to live more fulfilling lives. In the Long Run presents reflections from the road; using running as a metaphor for our life journey, it shows how the experience of running offers lessons for better living. Some examples you will read about are confronting adversity, having the courage to take risks, dealing with heartbreak and grief, learning to live in the moment, and even how running helps us manage our infinite to-do list. With over 20-years experience as both psychologist and long distance runner, Dr. Jacqueline Simon Gunn shares wisdom from her trial and triumph as a runner; by pulling out the deeper meaning she illustrates that running is not only a sport, but a space of spiritual fulfillment.

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www.drjacquelinegunn.com

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