

DYNAMIC RUNNING THERAPY - THERAPY ON THE MOVE

- WILLIAM PULLEN



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Learning Together Online

Resource Guide

About William Pullen

Dynamic Running Therapy combines mindfulness, running and talk therapy to create understanding and change.

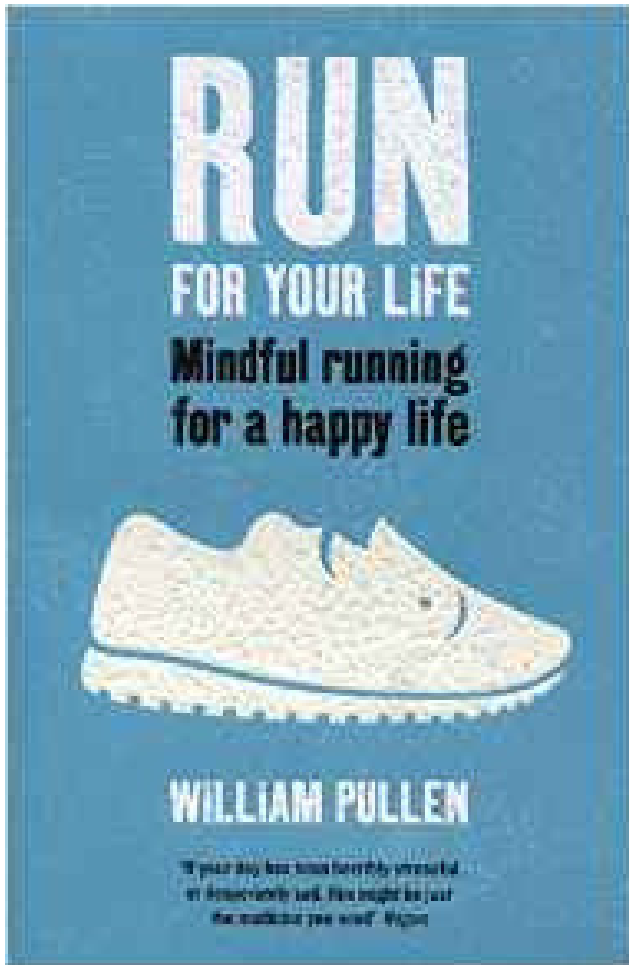
Emotion in motion. Speaker and author

www.dynamicrunningtherapy.co.uk



William Pullen

BOOK



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Anyone who has ever gone for a run, jog or even a walk knows that uplifting, happy feeling they get at the end of their journey. Some call it the 'runner's high', others put it down to endorphins, here William Pullen teaches us focus that incredible energy to experience our emotions in motion.

In Run for Your Life, Pullen argues that we need a radical new approach to mindfulness - an approach which originates in the body itself. DRT offers just that. Whether the you are looking for strategies to cope with anxiety, anger, change, or decision-making, Run for Your Life offers carefully-tailored thought exercises (and talking therapies for pairs or groups) inspired by mindfulness and Cognitive Behavioural Therapy, specifically designed to be implemented whilst on a run or walk. The book is designed to offer space for you to reflect on your practice and see your progress as you run through life's ups and downs.

Offering practical steps to combine mental and physical wellbeing, Run for Your Life introduces DRT as a truly holistic approach to living, bringing the mind in perfect harmony with the body and combining the power of both in order to show how we might achieve our fullest potential.



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DRT – Therapy on the move.

Dynamic Running Therapy is a powerful and effective therapy that provides a proactive way for you to address what's causing you unhappiness in your life. It brings together elements of mindfulness, regular talk therapy and movement. It allows you to go out and take active steps towards feeling better, providing you with a sense of empowerment, momentum and confidence. It doesn't matter how fit you are, it works if you walk with it too. It's about getting out, getting moving, breaking old habits and starting new ones.

DRT is simple – it takes you, step by step, on a journey made up of three parts.



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