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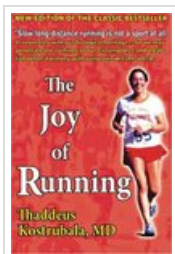
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## The Joy of Running

[Thaddeus Kostrubala](#)

### Description

The Joy of Running is BACK! Current and future runners can now discover the inspiration, support, and guidance packed in this essential running book—information no other book can give you. If your doctor or a friend has ever told you to start exercising, you'll feel better, it's thanks to this book, because in its pages Dr. Thaddeus Kostrubala first described how running can lift your spirits. This is the book that started it all, the book you read to discover how running can save your life—and your soul. The Joy of Running is the book you read to reveal the secrets of running as a path to self-discovery. Running can rearrange your personality. In some people the changes are profound—introverts become extraverts. Depressed people lose their depression. Anxiety diminishes or disappears. The Joy of Running was the first book to describe in detail what we now call "runner's high." In no other book will you find a highly-credentialed psychiatrist exploring this expansion of consciousness and its effects on a runner's life. You'll discover how running benefits not only physical fitness, but psychological and spiritual health, as well. And you'll finally understand the changes in your own personality that running can bring about. As Dr. Jack Scaff, founder of the Honolulu Marathon Clinic, said: "The Joy of Running is a bright new light at the end of a long tunnel of ignorance about the effects of slow distance-running on the mind and body of man. Books like this are long overdue." The Joy of Running is the book you hand to someone who is just starting to run. The Joy of Running is the book you read to finally understand the true reason why you are a runner and why you want to ALWAYS be a runner. The Joy of Running is the book that will help you take your running to the next level—the level of self-discovery and growth.

### ISBN

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1976

### Publisher

Lippincott

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Running is generally great for your fitness. Running long-distance requires both physical stamina and mental strength to continue even when your body feels unable to. We all know that. But running also has a surprising benefit on our social and emotional life. We become calmer, more patient, more compassionate towards the people we interact with. We become the cheerleaders of our families, friends and our company. We encourage people to achieve the impossible. We set high standards and high expectations for our team, our brothers and sisters. The Joy of Running is the book you read to reveal the secrets of running as a path to self-discovery. Running can literally rearrange your personality. In some people the changes are profound—introverts become extraverts. Depressed people lose their depression. Anxiety diminishes or disappears. Books like this are long overdue." The Joy of Running is the book you hand to someone who is just starting to run. The Joy of Running is the book you read to finally understand the true reason why you are a runner and why you want to ALWAYS be a runner. The Joy of Running is the book that will help you take your running to the next level—the level of self-discovery and growth. The level of joy. A Community of Runners who are obsessed with The JOY of Running - Achieving it, Attaining it, and Sustaining it. Visit... The Best Calf Stretches for Runners. I'll See YOU on the Trail, Alonzo <http://ow.ly/M0UU50AjuyC>. Regularly implementing calf stretches into your post run cool down (or even throughout the day!) will make a big difference. active.com. The Best Calf Stretches for Runners. Regularly implementing calf stretches into your post run cool down (or even throughout the day!) will make a big difference. Regularly implementing calf stretches into your post run cool down (or even throughout the day!) will make a big difference. The JOY of Running. Yesterday at 6:05 AM ·. The JOY of Urban Running. Gree