



# **Running Within: A Guide to Mastering the Body- Mind-Spirit: A Guide to Mastering the Body- Mind-Spirit Connection for Ultimate Training and Racing**

*Jerry Lynch, Warren Scott*

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Runners know all too well the physical and mental challenges of their sport. Plodding for miles through inclement weather, rising before dawn to squeeze a daily run into a busy schedule, overcoming minor aches and lethargy that pose a threat to an active lifestyle, these are but a few of the familiar obstacles faced by millions of runners like you.

*Running Within* addresses the mental and physical factors of importance to runners and offers positive, practical recommendations for infusing the body, mind, and spirit with new energy and passion for running. It also provides solid information on training and racing. It will help you perform better, have more fun, and experience a deeper connection with running.

Written by top sport psychologist, best-selling author, and runner Jerry Lynch, along with physician and elite triathlete Warren Scott, this book presents prescriptions, tools, and strategies for runners to fulfill their potential. Included are:

- goal-setting guidelines,
- relaxation and visualization exercises,
- affirmation-building tips along with 63 examples,
- strategies for learning from setbacks,
- ways to take better risks,
- fatigue- and injury-coping strategies,
- motivation boosters, and
- prerace and race strategies.

*Running Within* will push your performance and enthusiasm to new heights. See how much better running can be with the body, mind, and spirit in synch and primed for every run you take.

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