



Mindful Running: How Meditative Running can Improve Performance and Make you a Happier, More Fulfilled Person

Mackenzie L. Havey

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Discover how mindfulness can enhance your running and make you a happier, more fulfilled person.

By applying mental fitness training to your running regime, you tap into a powerful mind-body connection that not only optimizes sporting performance, but also boosts happiness both on and off the running trails.

Mindful Running brings together scientific research, expert analysis, and elite athlete contributions to reveal how relating to your mind, body, and surroundings in a new way can help you run longer and faster, as well as offer a boost to your overall mental, emotional, and physical health.

Devised with both the competitive and everyday runner in mind, Mackenzie L. Havey introduces an innovative, approachable, and authoritative guide designed to increase self-awareness, develop concentration, and improve endurance. Not only does this have the potential to translate into better running, it can also play a role in training you to endure life's challenges with greater ease and find joy in all things big and small. *Mindful Running* is a total body and mind fitness regime.

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