



WIRED TO RUN

**THE RUNAHOLICS
ANONYMOUS
GUIDE TO
LIVING WITH
RUNNING
ADDICTION**

Scoop Skupien

Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction

Scoop Skupien



Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction:

Wired to Run Scoop Skupien, 2009-01-01 Over 35 million people will go running this year in the United States alone For some of us it s more than just a hobby over 11 million of us are runaholics Runners and addicts Addicts and runners The two hardly seem to go together unless you re one of those people who periodically put a couple of miles on your running shoes and then think things like Boy this feels good I could go all day long Then you do Or at least try to Running and addiction as in running addiction do indeed go together like chocolate and peanut butter as *Wired to Run* makes so perfectly clear Written by Scoop Skupien a habitual runner for the past 30 years and the founder of Runaholics Anonymous *Wired to Run* is a humorous trip through the world of runaholics and a host of issues that the running obsessed can t quite leave in their dust It s a good natured satire of healing groups that will keep readers whether they re runners or run enablers laughing page after breathless page Central to the book and the whole online Runaholics Anonymous organization is Skupien s 12 Step program for recognizing and dealing with this mental and very physical disorder From We admit that we are powerless over running to We reach the Pinnacle the ability to run in moderation the self help style mixes laughs with actual training tips and other helpful advice The combination along with hilarious analysis of six different running types that encompass just about anyone who s ever broken a sweat pokes great fun at runners their odd habits and their running rituals It s definitely fun on the run

Running—The Sacred Art Dr. Warren A. Kay, 2011-05-03 Lace up your running shoes and discover how your daily run can enrich your spiritual life We run for exercise relaxation and sometimes to indulge our competitive spirit Now Warren A Kay takes you on an exploration of an often overlooked facet of the sport running as an intentional spiritual practice Kay s approach is more than just blissing out on a run He combines penetrating reflections on God creation and the role of Spirit in our lives with practical concise tips for starting your own spiritual running journal He helps turn your ordinary runs into extraordinary opportunities for spiritual growth Whether you ve logged thousands of miles or are new to the sport you ll find the guidance and inspiration you need in this unique book Experience your daily runs as Sanctuary running time is sacred time Prayer open yourself to conversation with God Meditation reach inside yourself to find spiritual comfort Sacrament experience the Divine in the physicality of running Pilgrimage a run is the journey and the destination

The book delves into Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction. Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction is a vital topic that needs to be grasped by everyone, from students and scholars to the general public. The book will furnish comprehensive and in-depth insights into Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction
 - Chapter 2: Essential Elements of Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction
 - Chapter 3: Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction in Everyday Life
 - Chapter 4: Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, the author will provide an overview of Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction. The first chapter will explore what Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction is, why Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction is vital, and how to effectively learn about Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction.
 3. In chapter 2, the author will delve into the foundational concepts of Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction. The second chapter will elucidate the essential principles that need to be understood to grasp Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction in its entirety.
 4. In chapter 3, the author will examine the practical applications of Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction in daily life. This chapter will showcase real-world examples of how Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction in specific contexts. The fourth chapter will explore how Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction. This chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. This book is highly recommended for anyone seeking to gain a comprehensive understanding of Wired To Run The Runaholics Anonymous Guide To Living With Running Addiction.

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