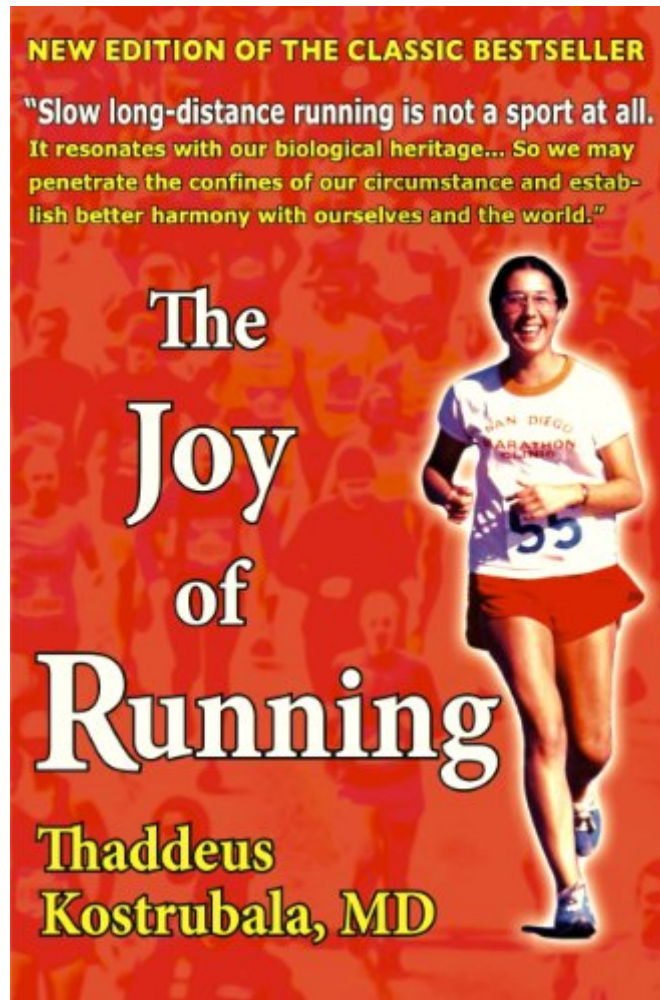


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# The Joy Of Running



## Synopsis

The Joy of Running is BACK! Current and future runners can now discover the inspiration, support, and guidance packed in this essential running bookâ "information no other book can give you. If your doctor or a friend has ever told you to start exercising, you'll feel better, itâ 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 lifeâ "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 literally rearrange your personality. In some people the changes are profoundâ "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 runnerâ s life. Youâ ll discover how running benefits not only physical fitness, but psychological and spiritual health, as well. And youâ 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 levelâ "the level of self-discovery and growth. The level of joy. But be warned: After almost 40 years the book's magic is very much alive and powerful. Reading it will change your lifeâ "and your running.

## Book Information

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## Customer Reviews

I humbly submit my review: I've continued running for a few years but not until recently have I logged some serious mileage. I've had this book for a few years and read maybe 20 running books and quite a few of the running magazines. Now, that I am devoting more time to it; I've got to say this is one of the best books out there, my copy dated 1976 is an absolute classic. The best thing that I found in this book was the tip of putting brewer's yeast into my diet. There are so many "health foods" out there, miso, algae like spirulina, bee pollen etcetera but brewer's yeast is one of the best energizers around. Sure I'd heard about it but was not informed on its benefits. That is just one example of the many helpful ideas this book has. As far as "How to" books, it is up there with "The complete book of running" and "New York Runners Club Marathon Book."

I was perusing my local book store, when they had such places, in 1987 when I happened to pick up "The Joy of Running" in the sports section. I was 33 yrs old and desperate for peace of mind in my crazy life. I read that many had begun to run for emotional and mental health as well as for the body. Running looked like it could be my answer. Read the book and ran my first mile on a Sunday. My life is still crazy but 26 yrs and 30,000 miles later, running has made my life (and me) much more bearable.

Worth reading. Thaddeus Kostrubala MD, a psychiatrist who left a thriving practice in Maine moved to San Diego in 1971. Thaddeus started running because his cardiologist prescribed it. He did not really like the idea of exercise. He was overweight, drank heavily and was self-absorbed. Soon afterward starting running, he was running marathons. He also was offering running therapy for his patients who were willing to try it. He published the Joy of Running in 1976. It sold over a million copies!

I read this many years ago, and still wonder why it hasn't had more of an impact on the field of psychology. It's written by a psychologist and documents the exceptional impact that raising people's activity level through running can have on a spectrum of psycho-social disorders. In our medication laden age, I wish more people would recognize how controlling our own physiology can go a long way toward actual cures. This book documents the validity in that approach.

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