



## George Sheehan on Running to Win: How to Achieve the Physical, Mental and Spiritual Victories of Running

By George Sheehan



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Practical advice from the renowned athlete and author of *Personal Best* shows readers how to achieve the physical, mental, and spiritual rewards of running, from choosing the right shoe to developing mental toughness. Reprint.

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### **Editorial Review**

From Library Journal

This book's subtitle describes it best. While exploring the interconnectedness of running with the mind, body, and spirit, Sheehan, a well-known doctor, runner, and author of many books on running such as *Personal Best* (Rodale Pr., 1989), also provides sound, practical advice on training and racing. This book will appeal to "middle of the pack" runners who are more interested in the quality of their running and training, rather than the quantity. Older runners, and those who simply want to smell the flowers along the way instead of putting in 100-mile weeks, will also be interested. Sheehan's emphasis is on running by the clock (time) instead of concentrating on running megamiles. Sheehan advocates listening to the body, mind, and spirit to determine how far and how fast to run. For large sports collections.

- *Susan L. Patton, Tennessee Valley Authority, Knoxville*

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### **Users Review**

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#### **Kayla Wilson:**

The book George Sheehan on Running to Win: How to Achieve the Physical, Mental and Spiritual Victories of Running make you feel enjoy for your spare time. You need to use to make your capable considerably more increase. Book can to become your best friend when you getting stress or having big problem along with your subject. If you can make studying a book George Sheehan on Running to Win: How to Achieve the Physical, Mental and Spiritual Victories of Running to be your habit, you can get much more advantages, like add your capable, increase your knowledge about many or all subjects. You are able to know everything if you like open and read a reserve George Sheehan on Running to Win: How to Achieve the Physical, Mental and Spiritual Victories of Running. Kinds of book are several. It means that, science e-book or encyclopedia or other individuals. So , how do you think about this book?

#### **Dolores Rawson:**

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