

Tough Call

How to Embrace Physical Activity and Change Your Life, One Run at a Time

Links below will take you to the non-profit Break the Cycle! Web site. Use your browser's back button to return. Premise - psychological "wounding" is epidemic in America because of an unseen inherited cycle of ineffective parenting and ignorance. This book describes the wounds, what they mean, and what to do about them. This fourth edition (Feb. 2011) will introduce you to your inner family, and who leads it in calm and crisis times. If you don't know who comprises your inner crew or who's in charge of them, you may be living life as a hostage to a false self and not know it. If so, you're probably living well below your potential, and may also be wounding kids in your life without meaning to. The rest of the book outlines an effective way to reduce any significant wounds, and live a calmer, more authentic, productive, satisfying life. Notice your reaction to these proposals and to the book's title. I suspect you think "Well I am running my life!" Sure - but have you ever thought about who "I" is? Reality check: Have you ever had experiences like these? Blowing hot and cold about someone or something? Saying "On one hand, and on the other"? Obsessively second-guessing (doubting) an important decision you've made? Having "discussions" or "arguments" with yourself inside your head? An "inner voice" ceaselessly berating you for being stupid, dumb, weird, or unlovable? Loved and hated someone at the same time? Wanted to do something and simultaneously not wanted to do it? Done something impulsive and later thought "What got into me?" Known people who seemed two-faced, talked out of both sides of their mouth, and "like two different people"? Felt "young" when around an authority figure or perhaps a critical parent? yellow or mean streak, a blue mood a musical side, a silver tongue, or a way with kids? These are everyday signs of an invisible condition that shapes the lives of you and everyone you know. It's based on a marvelous survival feature of our human neural system recently called multiplicity: our brain's wired-in ability to respond to childhood environmental threat by fragmenting into regions with special abilities. Using radiographic PET scans, we're the first generation in history to be able to see these regions operating concurrently. The unitary experience of "I see my child laugh" involves many regions of your brain at once without your knowing it. So does everything you do! Main Ideas This book results from my professionally studying and practicing inner family therapy ("parts work") since 1992. It describes what I've come to believe without question about average women and men like you: Normal people have personalities that are composed of a group of subselves or parts, like members of an orchestra or athletic team. Each subself has it's own talent or gift, it's own values, goals, and limitations. Our inner families of subselves can range from harmonious to chaotic in calm and crisis times. The nature of our subselves and the relationships among them are determined in the first several years of life of average kids. If kids are Experience the life of Fr. Victory F. M. Mosele, SX, as you are energized by his courage and the triumph of the human spirit in the face of fear and evil in his account of his time as a Catholic missionary in Sierra Leone, West Africa. The true story of his capture, how he survived two harrowing kidnappings and the risks ordinary people took to save him are testaments to belief in human compassion and love.

For readers who enjoyed Alexandra Heminsley's Running like a Girl and Bryony Gordon's Mad Girl, Running for my Life is a hilarious, heartfelt and inspirational story of one woman's marathon journey through mental illness. Throughout her life, Rachel Cullen followed a simple yet effective route straight to mental health misery. Suffering from bipolar disorder, and hungry for approval at any price, she settled for flunked relationships, an ill-fitting career, and poor health to match. Whilst mindlessly seeking a utopian vision of 'normality' that she was mis-sold and so desperate to achieve, the solution seemed increasingly illusive. Stuck in this endless cycle of disappointment with her life, and not knowing how to handle the strain of her mental illness, she put on a pair of old trainers. She'd never been able to think of herself as a 'runner', and the first time she forced herself out the door, she knew it would hurt. Everywhere. She just didn't realise how much it would heal her, too. Interspersed with Rachel's real diary entries, from tortuous teen years to eventually running the London Marathon,Running for my Life will make you laugh, cry, and question whether you really can outrun your demons.

Andrea faces the challenges of high school as her relationship with her schizophrenic mother crumbles, and she searches for support for her own mental illness through her therapist, family, friends, and running.

Running My Life - The Autobiography

A Little Book on Making Big Decisions

How to Run, Walk, and Move Without Pain Or Injury and Achieve a Sense of Well-Being and Joy

My Life on the Run

The Total Experience

Running & Being

One second in time may separate the great athlete from the merely good. Seb Coe has made every second count. From an early age he has been driven to be the best at everything he does. Since the moment Coe stood alongside a 'scrubby' municipal running track in Sheffield, he knew that sport could change his life. It did. Breaking an incredible twelve world records and three of them in just forty-one days, Seb became the only athlete to take gold at 1500 metres in two successive Olympic Games (Moscow 1980 and Los Angeles 1984). The same passion galvanised Coe in 2005, when he led Britain's bid to bring the Olympic and Paralympic Games to London. He knew that if we won it would regenerate an East London landscape and change the lives of thousands of young people. It has. Born in Hammersmith and coached by his engineer father, Coe went from a secondary modern school and Loughborough University to become the fastest middle-distance runner of his generation. His rivalry with Steve Ovett gripped a nation and made Britain feel successful at a time of widespread social discontent. From sport Coe transferred his ideals to politics, serving in John Major's Conservative government from 1992 to 1997 and developing 'sharp elbows' to become chief of staff to William Hague, leader of the Party from 1997 to 2001 and finally a member of the House of Lords. Running My Life is in turns exhilarating, inspiring, amusing, and extremely moving. Everyone knows where Sebastian Coe ended up. Few people realise how he got there. This is his personal journey.

The power of running to alleviate our suffering and frailties Whether you're a novice runner making your way from the couch to your first 5K race, or an elite runner toeing the line at the start of the Olympic marathon, you soon discover that within the beauty of movement, there comes a point where you arrive at a mysterious boundary—the border where one valiantly tries to quiet the mind, while allaying incapacitating doubts and fears. This subtle negotiation, this dance with discomfort, is the birthplace of an inner fortitude, and it demands we keep moving when everything inside us is screaming for us to quit. Jean-Paul Bédard explores running's ability to nurture inner resilience and build community, and how it can help us work through the traumas of addiction, depression, abuse, or anxiety. This book is a message strength and hope.

Annie has many unanswered questions! Will she find her one and true love or will she be destined to stay single all her life and do a work for God?

Counsels running athletes on how to maintain active fitness throughout one's senior years, explaining the potential health benefits of running while making recommendations on everything from strength training and improving flexibility to fighting bone loss and preventing back pain. Original.

Captive of the RUF Rebels of Sierra Leone

Stop Overthinking and Start Running

The Courage To Start

Running Into Yourself

Running for Her Life

Jog On: How Running Saved My Life

A call to action to slow down or reverse the aging process, with examples and stories of one woman's successful program to remain physically fit for all her life.

Discover the wonder of a life with God you can't contain. The pages of scripture are full of ordinary people who walked with God as he poured himself out through them to a world in need. What if God never changed? What if he is still speaking to us and longing to work miraculously through us? What if it isn't a matter of more training or effort but simply receiving and releasing everything he already purchased? "Life in the Overflow" invites you to know God intimately as your Daddy in a way that spills out of you naturally. Filled with disarming honesty and fervent expectation, this book mirrors a reflection of who you are, who your God is and what he actually longs to do through "ordinary, messy kids" today!

THE SUNDAY TIMES BESTSELLER ‘Bella’s brilliant love letter to running turns into an extraordinarily brave and frank account of her battle with anxiety. A compassionate and important book’ Joe Lycett ‘Perfect for resetting a glum January mindset’ Alexandra Heminsley ‘My kind of role model’ Ben Fogle

Learn how to Run Successfully and Lose Weight Are you looking to lose weight? Then you're in the right place, because running is one of the most simple and effective forms of exercise. When you start your running program and stick to it, you will lose weight, have more energy, and feel much fitter and healthier. No matter, what your current fitness level is, this guidebook will teach you everything you need to know to successfully lose weight running. It includes an 8-Week Training Plan that will guide you through your running training. By reading this book, you will learn: The benefits of running How to choose the right running shoes How often to train Common mistakes How to prevent injuries The right food for running And much, much more... Are you ready to change your life? - Click the "Buy" Button above!

Running for Mortals

A Guide To Running for Your Life

My Life with Asperger's

Life in the Overflow

Creating Character

The Complete Book Of Running For Women

A New York Times bestseller for 14 weeks in 1978, Running & Being became known as the philosophical bible for runners around the world. More than thirty years after its initial publication, it remains every bit as relevant today. Written by the late, beloved Dr. George Sheehan, Running & Being tells of the author's midlife return to the world of exercise, play and competition, in which he found "a world beyond sweat" that proved to be a source of great revelation and personal growth. But Running & Being focuses more on life than it does, specifically, on running. It provides an outline for a lifetime program of fitness and joy, showing how the body helps determine our mental and spiritual energies. Drawing from the words and actions of the great athletes and thinkers throughout history, Sheehan ties it all together with his own philosophy on the importance of fitness and sport, as well as his knowledge of training, injury prevention, and race competition. Above all, Sheehan describes what it means to experience the oneness of body and mind, of self and the universe. In this, Sheehan argues, we have the power to discover "the truth that makes men free."

Michelle Orange uses the lens of pop culture to decode the defining characteristics of our media-drenched times In This Is Running for Your Life, Michelle Orange takes us from Beirut to Hawaii to her grandmother's retirement home in Canada in her quest to understand how people behave in a world increasingly mediated—for better and for worse—by images and interactivity. Orange's essays range from the critical to the journalistic to the deeply personal; she seamlessly combines stories from her own life with incisive analysis as she explores everything from the intimacies we develop with celebrities and movie characters to the troubled creation of the most recent edition of the Diagnostic and Statistical Manual of Mental Disorders. With the insight of a young Joan Didion and the empathy of a John Jeremiah Sullivan, Orange dives into popular culture and the status quo and emerges with a persuasive and provocative book about how we live now. Her singular voice will resonate for years to come.

***As heard on Dr Rangan Chatterjee's 'Feel Better, Live More' Podcast** We all know how a long walk, a slow jog or a brisk run can free our minds to wander, and give us a powerful uplifting feeling. Some call it the 'runner's high', others put it down to endorphins. But what if we could channel that energy and use it to make positive change in our lives? William Pullen is a psychotherapist who helps people dealing with anxiety, lack of motivation and addiction, to work through their issues using his revolutionary method, Dynamic Running Therapy. He believes that we need a radical new approach to mindfulness: an approach that originates in the body itself. Whether you are looking for strategies to cope with anxiety, change or decision-making, or simply want to focus your mind while pounding the streets, Run for Your Life offers a series of simple mental routines that unleash the meditative, restorative powers of exercise.*

Life is full of tough calls and daunting decisions. The question isn't if you'll face a big decision in the future, but how you'll face the tough call that's guaranteed to come your way. Think about it. There are wedding proposals to ponder, college applications to submit, career moves to make, homes to sell, and confrontations to consider. And, knowing how poorly things could go, we sometimes find ourselves facing these decisions with a deep fear of future regret. The pressure is on. Or is it? Short and straightforward, yet full of practical insight and spiritual truths, Tough Call, will help you see that the Christian faith offers a mindset to confidently and joyfully make your next big decision. More importantly you'll see that you can face life with your fears recognized, your peace maximized, and your hope anchored in something greater than your ability to "get it right." Readers familiar with authors like Acuff, Chan, and Tchividjian will resonate with Matt Popovits's witty, practical, and gospel-centered take on complicated topics. Tough Call is an enjoyable and essential read for any and all facing a major decision.

Excellence Lifestyle Guide & Workbook

Designing Your Life Plan

Run for Life

Dreams from My Father

Who's Really Running Your Life?

A Story of Race and Inheritance

With My Life on the Run, Bart Yasso--an icon of one of the most enduringly popular recreational sports in the United States--offers a touching and humorous memoir about the rewards and challenges of running. Recounting his adventures in locales like Antarctica, Africa, and Chitwan National Park in Nepal (where he was chased by an angry tiger) and tells runners what they need to know to navigate the logistics of running in an unfamiliar country. He also offers practical guidance for beginning, intermediate, and advanced runners, such as 5-K, half marathon, and marathon training schedules, as well as advice on how to become a runner for life, ever-ready to draw joy from the sport. You were created for a lifestyle of excellence...not a life of mediocrityAnd what ?s amazing is you ?re equipped with everything you need to make that lifestyle yours. You can reach your goals. You can live your dreams. You already have what it takes to be happy and successful right inside of you. ...so, why aren ?t you?! Making changes is hard, but you can do it. You can get stuck, using strategies that don ?t work anymore and not knowing what to do to keeping moving in the right direction. If you ?re frustrated with where you are in your life... If you ?re tired of getting the same old results... If you ?re ready to do what it takes to create your life as you want it to be... Then, The Excellence Lifestyle Guide will help you. You can start counting on "luck" to get you where you want to go in life * Start proactively doing what it takes to have more, do more and be more * Take advantage of simple, effective principles for living the life of your dreams - principles they never taught you in school! You have tremendous control over the path your life is on but, like many people, you're not using it where The Excellence Lifestyle Guide can help. Author Jan Marie Mueller shares insights on many topics, including * How the world really works...and why people struggle achieving the success they desire * Why most people never achieve a life of excellence...and how you can be different * How to harness the amazing power of your thoughts * The importance of knowing who you really are - and what you can do to figure it out * How to master your mindset and use it to achieve the life of excellence you deserve to be living * The one key resource you need to succeed at anything - and how to get it (Tip: It ?s more important than either time or money!) * Three of the BIGGEST secrets about yourself and the world around you defines your reality. Learning to effectively use the principles outlined in The Excellence Lifestyle Guide will help you transform your life in ways you ?ve only dreamed of up until now. Everyone can have success. Everyone can enjoy the excellence lifestyle. If your life isn ?t quite where you believe it should be, it's time to become your best self and start putting the skills she shares to work in your life today. Life is too short for constant struggle and frustration. Use the principles inside this book to begin living the lifestyle of excellence you deserve! Scroll up and get your copy today.

When Samantha, the daughter of a Republican state senator, falls in love with the boy next door, she discovers a different way to live, but when her mother is involved in an accident Sam must make some difficult choices.

Motivational guru John C. Maxwell finds inspiration and encouragement in the lives of Old Testament personalities.

Running with the Giants

This Is Running for Your Life

Bringing Your Story to Life

Running For My Life

Running