

## Running And Philosophy A Marathon For The Mind Michael W Austin

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*Running and Philosophy: A Marathon for the Mind* (2007-10 ...

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*Running and Philosophy: A Marathon for the Mind* by Michael ...

It offers relaxation and oblivion from our worries. Within limits running increases fitness and health, offering the opportunity to compete with ourselves and overcome our weaknesses. During the difficult moments of a marathon run we must remind ourselves that although feeling bad, we will soon feel better again.

*PHILOSOPHY AND MARATHON RUNNING: SHARING A COMMON GROUND ...*

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It features writings from some of America's leading philosophers, including Martha Nussbaum, Charles Taliaferro, and J.P. Moreland. A first-of-its-kind collection of essays exploring those gems of philosophical wisdom runners contemplate when out for a run Topics considered include running and the philosophy of friendship; the freedom of the long distance runner; running as aesthetic experience, and "Could a Zombie Run a Marathon?".

*Running and Philosophy: A Marathon for the Mind - PhilPapers*

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Philosophy is the key word in the title. I'm not a philosophic guy generally speaking. The book is made up of many different philosophical view points and then they are equated to running. I think it would be an outstanding resource if I find myself taking Philosophy 101 and have to show how philosophy can effect my daily life.

*Amazon.com: Customer reviews: Running and Philosophy*

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