



## Psychodynamic Running: The Complete, Definitive, Madman's Guide to Distance Running and the Marathon

By Ethan Gologor

Select Books Inc, United States, 2008. Paperback. Book Condition: New. 229 x 155 mm. Language: English . Brand New Book. Zen-like in its approach, Psychodynamic Running offers meditations on running (and the tools of running) as a tool to paint a picture of a man's journey from the recliner to the races. The assembled ruminations on the concept of running in all its forms, metaphors, and applications sheds light on what running really is, why we do it, and how to get it done. More importantly, Psychodynamic Running uses running as a template to examine connections between addiction, compulsion, socialisation, and therapy, and discusses the potential benefits and pitfalls of running and the runners culture. As both a respected author and academic, Dr Gologor combines research, experience, and a healthy dose of wit to present running as an overarching metaphor for life, and shows us how we can use it to get a handle on our own lives.

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