



Running the Spiritual Path: A Runner's Guide to Breathing, Meditating, and Exploring the Prayerful Dimension of the Sport

Roger Joslin

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Imagine achieving physical fitness and spiritual growth simultaneously. Roger Joslin's step-by-step program is an engaging exploration of the truth that spiritual well-being is as likely to happen while running, as it is within the more traditional settings of neighborhood churches, synagogues, or mosques. Through awareness, chants, and visualization, and through attention to the present moment--the weather, pain, or breathing---a simple run can become the basis for a profound spiritual practice, and *Running the Spiritual Path* is here to guide you.

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