



The book was found

# Running & Being: The Total Experience



The book that got the whole world running

## Running & Being

THE TOTAL EXPERIENCE

Dr. George Sheehan

Foreword by Kenny Moore

READ BY PATRICK LAWLOR



## Synopsis

Written by the late, beloved Dr. George Sheehan, *Running and 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 and 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, Dr. 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, he describes what it means to experience the oneness of body and mind, of self and the universe. In this, he argues, we have the power to discover "the truth that makes men free".

## Book Information

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## Customer Reviews

I really did love this guy and his books. There are very few chances I get to say something I did or saw or came across that literally changed my life. I was a skier back in the day and every spring summer and fall it was about conditioning our bodies year long, for the next winter season. Running is one that was ALWAYS in my face, but it was hard. What I heard from others about it was hard to digest. Then several years later, a friend, no one from an athletic background or skiing mention this book, *Running and Being*. I thought, I'll give it a try. At the time, I was a 2-3 mile jogger. This was max. After reading George's book and how to approach running, then applying these practices

together.,I was astonished how to run was completely different effort than I had known. This changed my life I became a half marathoner, at least twice a week and ran at least 5 miles on my off days. Like growing wings in every aspect of my life.Essentially, the concept or achievement in jogging had been first mapping out a route by personal preference and distance. We come up with a distance we want to run. Without much knowledge of our condition to achieve this goal. Many people were suffering from injuries and sometimes fatal consequences. It wasn't till I put Georges concepts to practice, did I learn a much safer and more enjoyable jogging experience. The sky had parted at this moment. Goerge stressed the importance of dropping the goal of trying to achieve distance and use time as a format instead. Especially it the earliest stages of starting to jog or beginning a new season. Run for awhile and if it becomes to stressful walk but the point is keep moving forward regardless for the time being and within this time period. However you do for the time if fine. Then extend your running periods more and more. Eventually you are jogging the whole time. I was surprised how far I went and was able to increase the time. A little at a time. To 1 1/2, 2,2 1/2 hrs. It was a easy program to follow. It made sense to me. I wasn't injuring myself as often.I read the original book and now see it revised in its current edition. I would like to get the original version.

I stopped running a little over 15 years ago. Lately I've picked it back up, overcoming a number of chronic injuries to do so. And I've also started racing for the first time in my life. This book was exactly what I needed right now. It's buoyed my spirit and my confidence and most importantly affirmed my experience of the more transcendent aspects of running. I'm a long time meditator, so Dr Sheehan's observations ring very true for me with respect to the soul-sharpening mind-heightening virtues of running. It's 100% my experience. This man has successfully channeled his deeper life experience into this distilled format with beauty grace and much candor. I'm so grateful. This was an awesome read and if your heart beats, it will nourish your soul as a runner and an aspiring human being.

I thoroughly enjoyed this book. Dr. George Sheehan expressed himself so wholly - and while there are some references of mechanics that I don't agree with, his wit and ability to tie in the wisdom from great philosophers to current sports icons and make it all relative to running is astounding. His passion for running, his passion to be an athlete and his love for all athletes alike resonates in this book. It was a perfect book for me during a time I needed a little more motivation (I was running pregnant). This book paired with Born to Run - WIN!

I'm looking for both spiritual and physical motivation to take the next half of my life by the horns, especially by getting back onto the road, running. I used to be a four-mile daily runner with eight mile weekends. Sheehan was recommended to me as a prophet. That he is indeed.

This is a book that has managed to re-align (return, I should say) my perspective on running. I had gotten away from why I originally ran in my pursuit of goals and longer distances. I still want those things, but *Running & Being* has brought me back to the mindset that makes running healthy for me; mentally as well as physically. Dr. Sheehan is engaging, informative, entertaining, and direct. I have been asked by people about my top suggested books on running. I had nothing to offer beyond 'Born to Run'. Now I have a book that I can recommend to runners and non-runners alike. It is simply a book that is good for the soul.

Running does not come naturally to me, nor am I able to recall relevant quotations from secular and religious sources. George Sheehan on the other hand had both gifts. In this book, he relentlessly focuses on what his running means to him, how important it is for him to both suffer and exuberate on his runs and to give everything he has at every race. I bought the book hoping for tips on running technique and found very little, but I read on, captivated by his beliefs, the connections he makes to his life and his fearless confessions of feeling inadequate in non-running settings. Much has stuck with me: I recommend this book to anyone working on running. The elite runner will recognize a kindred spirit in the author, but any of us with the will to put on a pair of running shoes will find value in his meditations. The whole book is written in first-person, so it does not weary the reader with imperatives and exhortations. Instead, the parts you need seep in, to be recalled, say, on a run.

George Sheehan is one of the preeminent writers on running. This book is still a classic.

This isn't really a book about running. It is a collection of the memoirs from a man trying to find meaning in himself, and in this world, through the act of running. Part biography, part philosophy, part theology, and everything challenging - Dr. Sheehan lays bare what he has discovered through his first 15 years of serious competitive running. It's not always pleasant, in fact it seldom is. It's not often clear, as these are deeply felt personal experiences. But the overall work is a revelation. One created with much courage and care. I will value it as one of my favorite books for the rest of my life.

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