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~~Zendurance : A Spiritual Fitness Guide for Endurance~~

Zendurance is a guide to transforming endurance athletics-particularly triathlon-into a viable practice for meaningful growth, physically, mentally, and spiritually. Are you ready to improve the quality of your training and racing through the Zen approach of effortless power?

~~Zendurance: A Spiritual Fitness Guide for Endurance~~

Shane is the author of Zendurance: A Spiritual Fitness Guide for Endurance Athletes which teaches how to gain "effortless power" using simple zen techniques. Although a USAT Level 1 coach and Total Immersion Master coach, Shane considers himself more of a counselor for the athletes rather than a coach.

~~YIP #20 ZenMan Shane Eversfield Ultra Endurance Athlete~~

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Using Zen techniques to improve your running, swimming, and biking.

"This compilation of tales conforms to a simple Freudian fact: You're as crazy as you thought, but in good company." -Bicycling Magazine Okay, so some of us might be a bit too attached to our bicycles. Outsiders may say this is "inappropriate" or "unnatural." But most cyclists will agree that passionate, all-consuming bicycle love is a fine and glorious thing. Bicycles take us places, physically and metaphysically, we cannot go without them. They move us; they make us dizzy and giddy, exhilarated and exhausted. All athletes love their sport, but cycling has a fetishistic side to it--the love of this deceptively simple machine that allows you to silently float, race, climb, glide over the earth. It brings the rush of wind to your ears and the surge of force through your body as you lean into a turn. It brings you to the fields and woods and sunshine, moving down the open road. Its beauty and charisma are undeniable. These sixty-two personal tales of the many varieties of bicycle love range from dreamy reminiscences of childhood bikes to powerful, sometimes insane adult attachments to mountain bikes, road bikes, and tandems. They all celebrate the freedom of cycling, the elegance of the machine, and the beauty of the act. They tell of the strange and wonderful things a bicycle has brought to life, the relationships that bloom or fade under the bicycle's influence, and the unforgettable places bicycles have brought us. Funny, revealing, and intensely emotional, these stories show the secret inner life of every cyclist.

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.

Most people bring their inner child on an epic adventure. Joe "Metal Cowboy" Kurmaskie actually took his two kids along. For a 4,000-mile bicycle ride across America, Joe's seven-year-old son, Quinn, rides a tagalong bike attached to his dad's; and behind that is five-year-old Enzo in a bike trailer. Our hero the Metal Cowboy answers the question "What are you, crazy?" with a resounding and cheerful "Yes." Unassisted-with no support crew except his boys' comic relief and the periodic kindness of strangers-he pedals hundreds of pounds of gear and offspring over mountain passes, across the wide plains, through thunderstorms, and into the heart of what it means to be a dad. Along the way they encounter everything that makes up America--small-town kindness and inner-city heart, wild horses and highway roadkill, a bitter Vietnam vet and a hopeful young inventor, grizzly bears and bison roaming free, cyclists and monstrous RVs, a very peppy cheerleader and a visitation from the ghost of the author's father, horrible traffic and serene dirt roads, a monastery and a distillery, baseball, and yes, lots of pie. By the time they reach Washington, DC, two months after leaving Portland, Oregon, they've bonded in a rare way. Kurmaskie writes, "We share a secret, the three of us: one permanent summer in our hearts now, where we're never apart." Praise for MOMENTUM IS YOUR FRIEND "Give Huck Finn a bicycle, give Lance Armstrong a sense of humor and give Jack Kerouac a good editor and you have Joe Kurmaskie's latest road trip. Hilarious. A one-of-a-kind voice in the travel world." -Tom Lang, author of Coffee, Cat, and Mrs. Claus "With his two sons in tow providing moral support (and comic relief), Joe Kurmaskie treats us to a reader's trifecta: a humorous travelogue, a stirring adventure tale, and a touching family story." -Bart King, author of The Big Book of Boy Stuff "A witty, whacky, and pensive midlife adventure with the Metal Cowboy and his two sidekicks. Joe rode the sort of miles we all wish we had. A highly entertaining read." -Andrew Pham, author of Catfish and Mandala "Joe Kurmaskie is the real deal and Momentum Is Your Friend is true to the man himself. Intimate, ironic, worldly, wise, and most of all, fun. It reads like a wild, downhill ride with lots of switchbacks, hanging on for dear life and enjoying every bump. Read it." -Robert Ferrigno, author of Prayers for the Assassin and Horse Latitudes "As Melville is to the sea, Mark Twain to the raft, and Kerouac to the car, Joe Kurmaskie is to the bike. It is the great gift of Momentum Is Your Friend to follow that essentially American, writerly imperative: to go, to go, to go! An absolutely gobsmackin' beauty of a book." -Andrew Lewis Conn, Author of P and The Last American Novel "Joe Kurmaskie is a supercharged storyteller for the new millennium, and I would cross the desert sands and climb the Rockies to listen to him tell his tale." -Jay Atkinson, author of Caveman Politics, Ice Time, Legends of Winter Hill, and City in Amber

"Inspiring reading." -The Wall Street Journal "One of the scariest things about running a marathon for the first time isn't the distance, the muscle pain, the chafing, or the blisters. It's not knowing what's going to happen. That's why this disarmingly honest collection of first-time accounts is so refreshing." -Runner's World UK First Marathons is the collected stories of 37 runners, told in their own words, describing the experience of running their first marathon. Everything is covered, from the early flickerings of desire, all the way to full-blown obsession--the training, the food, the emotions, every mile of this incredible journey. First Marathons is the best instruction book you will ever find, because you learn from the heartfelt life experience of others. Illumination and inspiration are on every page. These runners are old and young, fat and thin, men and women. Some are famous (like Grete Waitz, Ted Corbitt, and Bill Rodgers), and others are just ordinary people--all of whom have achieved something truly extraordinary. Their collective message: anyone can run a marathon! everyone should. It will change your life forever.

Go beyond the basics of training with Paula Newby-Fraser's Peak Fitness for Women! In this book, seven-time Hawaii Ironman champion Paula Newby-Fraser presents a total fitness program that shows you how to overcome personal barriers and realize your athletic potential in training and competition. Inside you'll find practical, no-nonsense information on flexibility training, strength training, and cross-training. You'll also learn how to stay motivated, how to mentally prepare for a competition, how to read the physical signals that your body needs rest, how to meet the unique nutritional needs of female athletes, and much more. Most importantly, the book tells you how to put it all together and develop a successful training schedule that fits into your busy lifestyle. Learn from the "greatest all-around female athlete in the world" what it takes to achieve optimal fitness and perform your best in competition!

One Word is a simple concept that delivers powerful life change! In 1999, the authors discovered a better way to become their best and live a life of impact. Instead of creating endless goals and resolutions, they found one word that would be their driving force for the year. No goals. No wish lists. Just one word. Best of all . . . anyone, anytime can discover their word for the year. One Word that will change Your Life will inspire you to simplify your life and work by focusing on just one word for this year. That's right! One Word creates clarity, power, passion and life-change. The simple power of One Word is that it impacts all six dimensions of your life - mental, physical, emotional, relational, spiritual, and financial. Simply put, One Word sticks. There is a word meant for you and when you find it, live it, and share it, your life will become more rewarding and exciting than ever. Join thousands of people and hundreds of schools, businesses, churches, and sports teams who have found their one word . . . and discover how to harness the transformational power of One Word. The book includes a personal Action Plan and simple process to help you discover your word for the year.

THE POWER OF RUNNING. Every runner knows this, and marvels at it, and finds it hard to wholly describe: Running will change your life. These four dozen essays capture the power of running to change and shape our existence, to elevate us, to inspire and strengthen us in all our pursuits. They were selected for the fine quality of their writing, the emotional strength of the stories, and for their narrative drama. Collectively they are motivational, inspirational, and instructive, thus making a fascinating book for dewy beginners and grizzled veterans alike. In this book are personal tales of running to quit drinking or drugs, to escape a bad marriage, to lose weight, running out grief, developing self-esteem, running for the sheer joy of it. A daughter finally bonds with her distant father when she wins a local race. A man diagnosed with a tumor in his lung runs his way back to health. A teenage girl living in a crack-infested neighborhood of the Bronx takes up running and finds her strength, and a good side of life. One man, viciously attacked on a remote beach in Africa and bleeding profusely, runs miles to safety, saving his own life. One woman's story tells us, "Everything I need to know I learned from cross-country running." A Pakistani man, as an orphaned child, was introduced to running by a kind teacher--and went on to become a national caliber marathoner. They are all here--every type of runner, and running in all its physical and spiritual glory. This is a book to inspire anyone to go run, and love every miserable, glorious second of it. Garth Battista is the editor of The Runner's Literary Companion.

This is the workbook companion to go along with the Your Healthy Journey Book and lifestyle.

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