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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.

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Running Being The Total Experience

A New York Times bestseller for 14 weeks in 1978, Running & Being became known as the philosophical bible for runners around the world. More than thirty years after its initial publication Running & Being: The Total Experience: George Sheehan: 9781623362539: Amazon.com: Books

George A. Sheehan - Wikipedia

Running and being : the total experience
George Sheehan ; Nora Sheehan
Explains the benefits of physical fitness and how to achieve it and discusses all aspects of running, including competitions.

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Running and Being The total experience
Dr. George Sheehan Originally published in 1978. The author was a Dr. who took

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to running at a late age. Dr. Sheehan invites the reader into the recollection of the discovery of himself. The book is both a physical and spiritual one. He attests there is a strong correlation between body build and function.

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Running & Being: The Total Experience, George Sheehan, Rodale, 2013, 1609619307, 9781609619305, 255 pages. A New York Times bestseller for 14 weeks in 1978, Running and Being became known as the philosophical bible for runners around the world. More than thirty years after its initial publication, it remains every bit as relevant today.

Running & Being: The Total Experience

His book, "Running & Being: The Total Experience," became a New York Times

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best seller. He was a track star in college, and later became a cardiologist like his father. He served as a doctor in the United States Navy in the South Pacific during World War II on the destroyer USS Daly (DD-519).

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Total Experience: 'The distance runner is mysteriously reconciling the separations of body and mind, of pain and plea...

Running and being : the total experience (Book, 1978 ...

Running & Being: The Total Experience. 20th-anniversary edition of this New York Times bestseller. Running & Being helped inspire the fitness/running boom of the late 70s. Written by the late Dr. George Sheehan, it is an educated man's narrative of his mid-life return to the world of exercise, play, and competition.

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