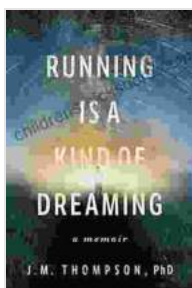


Running Is Kind of Dreaming: A Journey into the Heart of Running

Running is a strange and wonderful thing. It can be a source of great joy and suffering, a way to connect with the natural world and with ourselves. In her new memoir, "Running Is Kind of Dreaming," American ultramarathoner Kilian Jornet Burgada explores the many facets of running, from its physical and mental challenges to its spiritual and transformative power.

Jornet is one of the world's most accomplished ultramarathoners, having won some of the most prestigious races in the sport, including the Ultra-Trail du Mont-Blanc and the Hardrock 100. But he is also a thoughtful and introspective writer, and in "Running Is Kind of Dreaming" he offers a deeply personal and philosophical exploration of what running means to him.



Running Is a Kind of Dreaming: A Memoir by J. M. Thompson

★★★★☆ 4.3 out of 5

Language : English
File size : 4493 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 318 pages

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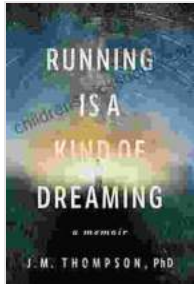
The book is divided into four parts, each of which explores a different aspect of running. In the first part, "The Body," Jornet writes about the physical challenges of running, from the pain of blisters and sore muscles to the dangers of altitude and extreme weather. He also discusses the importance of nutrition, hydration, and recovery, and he offers practical advice for runners of all levels.

In the second part, "The Mind," Jornet explores the mental challenges of running, from the boredom of long runs to the fear of failure. He also discusses the importance of focus, motivation, and resilience, and he offers tips for overcoming mental barriers.

In the third part, "The Spirit," Jornet writes about the spiritual and transformative power of running. He describes how running can help us to connect with the natural world, with ourselves, and with something greater than ourselves. He also discusses the importance of gratitude, humility, and compassion, and he offers ways to use running as a tool for personal growth.

In the fourth and final part, "The Dream," Jornet writes about his own dreams and aspirations as a runner. He describes his desire to run faster, farther, and higher, and he shares his thoughts on the limits of human endurance. He also discusses the importance of following our dreams, no matter how difficult they may seem.

"Running Is Kind of Dreaming" is a beautifully written and deeply personal memoir that offers a unique perspective on the sport of running. Jornet is a gifted writer and a passionate runner, and his book is sure to inspire and motivate runners of all levels.



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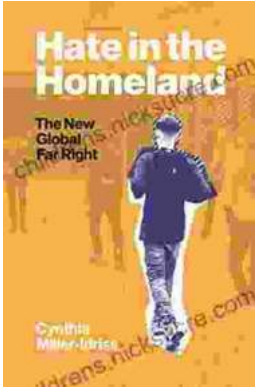
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