

# Running: Cheaper than Therapy. A Celebration of the Healing Power of Running

Running is one of the most popular and accessible forms of exercise in the world. It's a great way to get in shape, relieve stress, and improve your overall health. But did you know that running can also be a powerful form of therapy?

In her new book, "Running: Cheaper than Therapy," author Sarah Bowen Shea explores the many ways that running can help improve your mental and emotional well-being. Shea, a lifelong runner herself, shares her own personal story of how running helped her through some of the toughest times in her life. She also interviews other runners who have found that running has helped them overcome challenges such as depression, anxiety, addiction, and grief.

"Running: Cheaper than Therapy" is more than just a book about running. It's a celebration of the healing power of exercise and a reminder that we all have the potential to overcome our challenges and live healthier, happier lives.



## Running: Cheaper Than Therapy: A Celebration of

**Running** by Chas Newkey-Burden

★★★★☆ 4.4 out of 5

Language : English  
File size : 2213 KB  
Text-to-Speech : Enabled  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 209 pages  
Library Binding : 144 pages

Reading age	: 14 - 17 years
Grade level	: 7 - 10
Item Weight	: 14.7 ounces
Dimensions	: 7 x 1 x 9 inches
Screen Reader	: Supported



There are countless benefits to running, both physical and mental. Physically, running can help you:

- Lose weight and keep it off
- Improve your cardiovascular health
- Strengthen your bones and muscles
- Boost your energy levels
- Sleep better

Mentally, running can help you:

- Reduce stress and anxiety
- Improve your mood
- Boost your self-confidence
- Increase your creativity
- Improve your sleep

Running can also be a great way to connect with nature, meet new people, and challenge yourself. It's an activity that can be enjoyed by people of all

ages and abilities.

If you're new to running, it's important to start slowly and gradually increase your distance and intensity over time. Here are a few tips for getting started:

- Start with a short distance and gradually increase your distance over time.
- Find a running buddy or join a running group to stay motivated.
- Listen to music or podcasts while you run to make the time go by faster.
- Set realistic goals and don't be afraid to take breaks when you need them.
- Find a running route that you enjoy and that is safe.
- Wear comfortable clothing and shoes that are designed for running.
- Stay hydrated by drinking plenty of water before, during, and after your run.

Running can be a powerful form of therapy for people struggling with mental health challenges. Here are a few ways that running can help:

- **Reduce stress and anxiety.** Running releases endorphins, which have mood-boosting effects. It can also help to clear your mind and focus on the present moment.
- **Improve your mood.** Running can help to improve your mood by increasing your levels of serotonin, a neurotransmitter that is

associated with happiness and well-being.

- **Boost your self-confidence.** Running can help you to feel more confident in your abilities and to overcome challenges.
- **Increase your creativity.** Running can help to improve your creativity by increasing blood flow to your brain.
- **Improve your sleep.** Running can help you to fall asleep more easily and to sleep more soundly.

If you're struggling with a mental health challenge, talk to your doctor about whether running might be a good option for you.

Running is an activity that can be enjoyed by people of all ages and abilities. Whether you're a beginner or a seasoned runner, there is a running plan that is right for you.

If you're new to running, start slowly and gradually increase your distance and intensity over time. If you have any underlying health conditions, be sure to talk to your doctor before starting a running program.

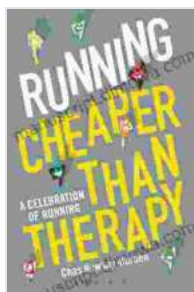
There are many different ways to enjoy running. You can run indoors on a treadmill or outdoors on a trail or track. You can run with a friend or join a running group. You can even run for a cause, such as a charity race.

No matter how you choose to do it, running is a great way to improve your physical and mental health. So what are you waiting for? Get out there and start running!

Running is a powerful tool that can help you improve your physical and mental health. It's an activity that can be enjoyed by people of all ages and abilities. So what are you waiting for? Get out there and start running!

Sarah Bowen Shea is a lifelong runner and the author of "Running: Cheaper than Therapy." She has been featured in numerous publications, including The New York Times, The Wall Street Journal, and The Washington Post. Shea is a passionate advocate for the power of running and she believes that it can help everyone live healthier, happier lives.

"Running: Cheaper than Therapy" is available now at all major bookstores. Free Download your copy today and start reaping the benefits of running!



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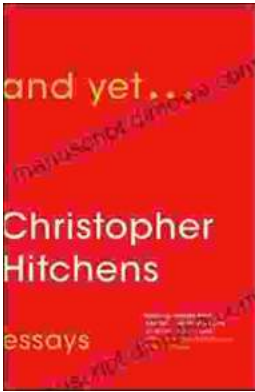
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