



## The Tao of Running: Your Journey to Mindful and Passionate Running

**Gary Dudney**

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What are they all seeking in their daily, strenuous runs along mountain trails, city streets, ocean beaches—and do they ever find it?

In this inspiring ode to the mental side of the running pastime, Gary Dudney points to spiritual development and mindfulness as potential rewards for runners, once they “learn how to think about running and how to appreciate all of the rich possibilities inherent in running.” A natural storyteller with riveting tales of running adventures, he is all about the mental side of the sport and, thankfully, light on advice. That he’s completed fifty 100-mile races and two-hundred marathons and ultramarathons is a pretty good indication that he knows of what he speaks.

MATT SUTHERLAND (Summer 2016)

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