

LOVE THE PROCESS, GET FASTER, RUN LONGER



THE
**HAPPY
RUNNER**



DAVID ROCHE • MEGAN ROCHE, MD

David Roche

The Happy Runner: Love the Process, Get Faster, Run Longer



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Is your daily operate needs to drag you down? Guided by their personal experiences and coaching knowledge, they point out the mental and emotional factors that may help you learn precisely how to become a happy runner and reach your personal best. THEN YOUR Happy Runner is the answer for you. Authors David and Megan Roche believe that you can' Read real tales from professional and recreational sports athletes who have had personal breakthroughs as they learned to like the procedure of running. Has operating become a chore rather than the delight it once was? Following a "some work, all play" strategy, The Content Runner introduces the three commandments of content running and explains how to balance your time and effort of running with the easy joy of the activity: • Learn to run fast, run long, and stay healthy with proven training methods.all with a smile.t reach your working potential without regularity and joyful daily adventures that result in long-term health and pleasure.re battling burnout, are returning after an injury, or are new to working and want to enjoy a 5K or an ultramarathon, the science-based teaching guidance in The Happy Runner can help you get faster, go longer, and live stronger— Develop your self-belief and make positivity your default setting so you can achieve your goals. • Understand how to adjust your running based on your individual lifestyle and goals and also avoid setbacks from injury. Whether you' • • CE exam available! For certified professionals, a companion continuing education exam can be completed after reading this book. The Content Runner Online CE Test may be purchased separately or within the Content Runner With CE Test, a package which includes both the book and the examination.



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