



## Running and Living

By Rahul Salim Verghese

Vision Books/Orient Paperbacks, New Delhi, India. Softcover. Book Condition: New. Come, start running it will change your personal and work life forever. Most of us learn to accept and live with shattered dreams and, sometimes, even no dreams at all. We busy ourselves doing what's urgent, while leaving out what's important. But is that living life to the fullest? This book urges us to focus on what's truly vital; having a dream, and reaching out for it. The author suggests that one of the simplest ways of transforming your life is via running! That's what changed the author's personal and work life. It can do the same for you. Sounds crazy? Wait, read on. This is not a book about becoming a great runner, it is about how you can get more out of life in all its dimensions, and ultimately achieve greater happiness by running. It draws parallels between running and life, emphasises crossover learnings and shows how running can transform you as a person, a family member, a team player or leader at work. It also highlights how running can help build up businesses, work teams and social communities. Dreams fuel the human spirit, ignite the passion for great enterprise, flooding everything around...



[READ ONLINE](#)  
[ 8.87 MB ]

### Reviews

*This ebook will not be simple to start on reading but very fun to learn. It generally is not going to expense too much. I am very happy to explain how this is the finest book i have read in my very own existence and can be the finest pdf for at any time.*

-- **Lavada Cruickshank**

*This is an remarkable publication that I have ever read. Indeed, it is actually engage in, nevertheless an interesting and amazing literature. I am just happy to inform you that this is the best publication i have got go through during my personal lifestyle and may be the finest ebook for actually.*

-- **Toby Baumbach**