

Running and Philosophy: A Marathon for the Mind

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A unique anthology of essays exploring the philosophical wisdom runners contemplate when out for a run. It features writings from some of America's leading philosophers, including Martha Nussbaum, Charles Taliaferro, and J.P. Moreland.

>> A first-of-its-kind collection of essays exploring those gems of philosophical wisdom runners contemplate when out for a run

>> Topics considered include running and the philosophy of friendship; the freedom of the long distance runner; running as aesthetic experience, and "Could a Zombie Run a Marathon?"

>> Contributing essayists include philosophers with athletic experience at the collegiate level, philosophers whose pasttime is running, and one philosopher who began running to test the ideas in his essay

Running is not just a physical activity - it is also a reflective endeavor. With the wind at your back and ribbons of roadway in front of you, there is ample time to think about life's big questions.

This first-of-its kind volume brings together some of today's leading philosophers to address such questions as:

>> What is the relationship between success in running and success in life?

>> What can we learn from pain?

>> Is running a religion?

>> How does running fit into the pursuit of a meaningful life?

>> What is the connection between running, friendship, and happiness?

The combination of running and philosophy can help us achieve a goal we all share, reflected in the words of eminent Enlightenment philosopher John Locke: "A sound mind in a sound body, is a short, but full description of a happy state in this world."

Michael W. Austin is an Assistant Professor of Philosophy at Eastern Kentucky University. A member of the International Association for the Philosophy of Sport, Austin has been published in *Journal for the Philosophy of Sport*, *Southwest Philosophy Review*, *The Journal of Value Inquiry*, *Philosophy and Theology*, and *International Philosophical Quarterly*. He is also the author of *Conceptions of Parenthood: Ethics and the Family* (2007).

Other Books

26 Marathons, NEW YORK TIMES BESTSELLER · A world-class runner and four-time Olympian shares the life lessons he's learned from each of the twenty-six marathons he's run in his storied career. "An athlete whose wisdom and lessons aren't just for runners."—*The Washington Post* When Meb Keflezighi—the first person in history to win both the Boston and New York City marathons as well as an Olympic marathon medal—ran his final marathon in New York City on November 5, 2017, it marked the end of an extraordinary distance-running career. Meb's last marathon was also his twenty-sixth, and each of those marathons has come with its own unique challenges, rewards, and outcomes. In *26 Marathons*, Meb takes readers on those legendary races, along every hill, bend, and unexpected turn of events that made each marathon an exceptional learning experience, and a fascinating story. *26 Marathons* offers the wisdom Meb has gleaned about life, family, identity, and faith in addition to tips about running, training, and nutrition. He shows runners of all levels how to apply the lessons he's learned to their own running and lives. Equal parts inspiration and practical advice, *26 Marathons* provides an inside look at the

life and success of one of the greatest runners living today. Praise for 26 Marathons "26 Marathons is a swift read, guaranteed to be popular with student athletes plus hard-core and recreational runners, who will undoubtedly agree that Meb is an American treasure and running ambassador who never fails to inspire."—Booklist (starred review) "26 Marathons gives great insight about the ups and downs in marathon running and how to cope with them. As Meb shows, dealing with these marathon experiences help us become better in our lives."—Eliud Kipchoge, Marathon World Record Holder and 2016 Olympic Gold Medalist "Meb's 26 Marathons is like opening a treasure chest full of inspiring stories that give behind-the-scenes glimpse into the mental and physical joys and obstacles that elite-level racing can bring. His advice on training, overcoming injuries, and adversity is for everyone. It's pure gold!"—Shalane Flanagan, 2017 TCS NYC Marathon Champion
? ? ? ? ? . With the Van Camps help, I learned how to evaluate my performances in less-objective situations than a timed race on the track, including ones outside running . This philosophy meshed well with Coach Larsen's approach once I got to UCLA ..."