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Descrizione fisica	1 online resource (232 pages) : illustrations (some color), tables, photographs
Collana	Sports and Athletics Preparation, Performance, and Psychology
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Nota di bibliografia	Includes bibliographical references and index.
Sommario/riassunto	"Dr. Kreuter provides insight into the philosophy of the long-distance runner. He uses his own experiences with running, which span sixteen years as well as the commentaries of other athletes. The main purpose of this book is to provide a therapeutic approach to lethargy and non-movement in a person's life by catalyzing their internal energy, using exercise to create the catalyst for positive change. It is the inner experience of the person who transforms that can be shared with another person to provide an accessible model to follow. In the world of coaching, the information provided in this book can be used to effectively challenge a person who lacks achievement in their life by awakening their own internal dynamics. In doing so, the capabilities of that person can begin to grow"--