



RunningThe Sacred Art: Preparing to Practice (The Art of Spiritual Living)

Warren A. Kay

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Lace up your running shoes and discover how your daily run can enrich your spiritual life.

We run for exercise, relaxation and sometimes to indulge our competitive spirit. Now Warren A. Kay takes you on an exploration of an often-overlooked facet of the sport: running as an intentional spiritual practice.

Kay's approach is more than just "blissing out" on a run. He combines penetrating reflections on God, creation and the role of Spirit in our lives with practical, concise tips for starting your own spiritual running journal. He helps turn your ordinary runs into extraordinary opportunities for spiritual growth. Whether you've logged thousands of miles or are new to the sport, you'll find the guidance and inspiration you need in this unique book.

Experience your daily run as:

- **Sanctuary**?running time is sacred time
- **Prayer**?open yourself to conversation with God
- **Meditation**?reach inside yourself to find spiritual comfort
- **Sacrament**?experience the Divine in the physicality of running
- **Pilgrimage**?a run is the journey and the destination

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Spent a free the perfect time to be fun activity to accomplish! A lot of people spent their sparetime with their family, or their particular friends. Usually they accomplishing activity like watching television, planning to beach, or picnic within the park. They actually doing same every week. Do you feel it? Do you wish to something different to fill your own personal free time/ holiday? May be reading a book is usually option to fill your no cost time/ holiday. The first thing that you will ask may be what kinds of publication that you should read. If you want to test look for book, may be the book untitled RunningThe Sacred Art: Preparing to Practice (The Art of Spiritual Living) can be very good book to read. May be it can be best activity to you.

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Dale Vaught:

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