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# Running and Philosophy: A Marathon for the Mind

*From Michael Austin*

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Edited by Michael W. Austin | Foreword by Aisly Barfoot  
Executive Editor of Runner's World magazine



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0 of 0 review helpful Enough good material to make the book worthwhile By W G Watkins I appreciate the concept of the book Several of the articles were outstanding notably those by Austin on friendship VanArrogon on the jogger Kinghorn on motivation and Kaye on evolution Many of the others were only slightly related to running They came across as attempts to explain some aspect of philosophy at an introductory level 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 lo With equal measures of scholarship and soul the essays in Running and Philosophy A Marathon for the Mind edited by Michael W Austin touch on religion pain happiness and other topics that are best explored on a long run With a pack of philosopher

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