



Gratitude Power for Runners and Walkers

Dr. Kirk Mahoney

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"What is your biggest frustration as a runner or walker?" Ask other runners and walkers this question, and you will get answers such as speedwork, injury recovery, and hydrating properly. *Gratitude Power for Runners and Walkers* shows that gratitude is the fastest path to preventing or eliminating these and any other frustrations that you may face as a runner or walker. Author Kirk Mahoney teaches many lessons about gratitude in this powerful book, including:

- How to tell whether you run or walk with meaning
- How to know whether you underrate gratitude
- The many benefits of gratitude to your running or walking
- Ten techniques for building gratitude daily

Beyond these lessons, *Gratitude Power for Runners and Walkers* is filled with more than 100 chapters of gratitude statements that are neatly subdivided into five categories. When combined with the book's gratitude-building techniques, these 900+ gratitude statements will help you to use the power of gratitude to put more happiness into your running or walking!

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Louis Clark:

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Gussie Steller:

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Rebecca Stark:

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Chester Brown:

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