



Run for it: A Woman's Guide to Running for Emotional and Physical Health

By Karen Bridson

Burford Books, U.S. Paperback. Book Condition: new. BRAND NEW, Run for it: A Woman's Guide to Running for Emotional and Physical Health, Karen Bridson, This book shows how women can change their lives with running. Running can help to combat stress, depression, PMS, menopausal symptoms and more. The book contains chapters on everything from what to wear, what to eat, stretching and yoga, handling injuries, safety, running and pregnancy and many other topics. Woven throughout is the physical, mental, and emotional therapy that the sport can bring -- the joy of running.

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