



## Run Therapy: A Bitter Sweet Guide to Running, Evolution and Ice Cream

By Andrew Cohen

Fixed Stars Enterprises, United States, 2012. Paperback. Book Condition: New. 235 x 190 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Run Therapy: A Bitter Sweet Guide to Running, Evolution and Ice Cream is a short, personal parody of the zen and the art of. genre that doesn t quite succeed in not taking itself seriously. It s a tonic for all those who had hoped to get more out of running than they did. It wanders about, not entirely aimlessly, along one ordinary person s journey on foot through the lessons of history, evolution, quantum mechanics and ice cream. At times humorous, at others poetic, this small book tackles the big questions, and offers hope, encouragement and reasons to persevere with that seemingly indefensible folly: running. At the end, there is not just guiltless ice cream, but redemption, salvation and an invitation to some of life s greatest adventures.



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