



How to Think About Exercise (The School of Life)

Damon Young

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USING PHILOSOPHY TO EXPLORE THE BIG IDEAS BEHIND FITNESS AND WAYS TO ENJOY EXERCISE WITHOUT LEAVING YOUR MIND BEHIND

It can often seem as though existence is split in two: body and mind, flesh and spirit, moving and thinking. In the office or at study we are 'mind workers,' with seemingly superfluous bodies. Conversely, in the gym we stretch, run and lift, but our minds are idle. In *How to Think About Exercise*, author and philosopher Damon Young challenges this idea of separation, revealing how fitness can develop our bodies and minds as one. Exploring exercises and sports with the help of ancient and modern philosophy, he uncovers the pleasures, virtues and big ideas of fitness. By learning how to exercise intelligently, we are contributing to our overall enjoyment of life and enhancing our full humanity. Find out how bestselling author Haruki Murakami quit smoking and took up running, and why the simple act radically changed his whole outlook on life; why Schopenhauer thought that swimming was a sublime act; how Charles Darwin came up with some of his best ideas while exercising; and much more.

The School of Life is dedicated to exploring life's big questions: How can we fulfill our potential? Can work be inspiring? Why does community matter? Can relationships last a lifetime? We don't have all the answers, but we will direct you toward a variety of useful ideas?from philosophy to literature, from psychology to the visual arts?that are guaranteed to stimulate, provoke, nourish, and console.

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Theresa Diaz:

Is it a person who having spare time subsequently spend it whole day simply by watching television programs or just lying down on the bed? Do you need something totally new? This How to Think About Exercise (The School of Life) can be the response, oh how comes? A book you know. You are thus out of date, spending your extra time by reading in this new era is common not a nerd activity. So what these guides have than the others?

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In this era which is the greater man or who has ability in doing something more are more precious than other. Do you want to become considered one of it? It is just simple strategy to have that. What you need to do is just spending your time almost no but quite enough to possess a look at some books. Among the books in the top checklist in your reading list is usually How to Think About Exercise (The School of Life). This book that is qualified as The Hungry Hillside can get you closer in turning out to be precious person. By looking upward and review this book you can get many advantages.

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