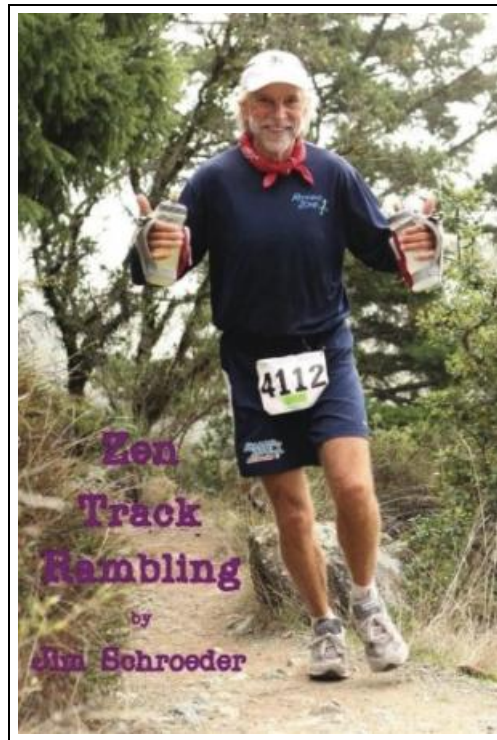


Zen Track Rambling



Filesize: 9.08 MB

Reviews

Thorough information! Its such a good study. Sure, it is perform, still an amazing and interesting literature. Once you begin to read the book, it is extremely difficult to leave it before concluding.
(Evie Emmerich)

ZEN TRACK RAMBLING



Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Zen Track Rambling came about quite by chance: First, as a joyful account to capture the feelings I experienced during my long runs; and secondly, as a means to relieve the pain, depression, and general helplessness I felt during a long-term injury. My running journey has led me to extreme highs, but has also plunged me bipolar-like into the depths of depression. The journey began in Starved Rock State Park, outside of LaSalle, Illinois, in August 1999, when I was an expatriate in Australia working in the States for a spell. At sunrise, I'd run the trails before work, then share in a communal breakfast with my workshop colleagues; yet during the work day, I would drift and daydream. I was fifty-something, and felt disconnected, not knowing who I was or where I was headed. But I put my time to good use during those humdrum workshops: I'd scribble the memories from the day's run on scraps of paper! The result of my ennui was an accumulation of paper scraps marked with ruminations of my daily runs. On my flight back to Australia, I gathered those scraps and magically scribed the poem zen track rambling. The title of the poem, however, is unrelated to my morning runs on the Starved Rock trails even though they were the poem's inspiration; rather, zen track is a name my Australian running mates and I coined to describe a scorching hot, blustery bike path which runs along a railway line-and, which once hosted the infamous Ghan from Adelaide to Darwin-where we often hallucinated as we ran in 100 plus-degree temperatures. As I was living and working in Australia...



[Read Zen Track Rambling Online](#)



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Relevant eBooks



From Kristallnacht to Israel: A Holocaust Survivor s Journey

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

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Goodparents.com: What Every Good Parent Should Know About the Internet (Hardback)

Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

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Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fifteen short stories about foxes are selected from several books of fairy tales...

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Chicken Licken - Read it Yourself with Ladybird: Level 2

Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

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Polly Oliver s Problem: A Story for Girls

The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator....

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