



Run Yourself Happy: A Five Week Training Program to Release Anxiety and Create Space for Miracles

Carrie Roldan

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A unique approach to life and running from a coach, athlete, mom, and spiritual seeker. Run Yourself Happy offers an easy to follow and implement plan that blends running and spiritual practice to release anxiety and create space for miracles. Perfect for runners, former runners, or wanna-be runners alike, this book is fun to read, and the techniques offered within will help turn running into a self-love practice which will support weight loss and a lifelong love of running.

Carrie Roldan guides her readers on a journey of self-discovery through running. Whether your intentions are to lose weight, get in shape for a race, or just enjoy running, this book will deliver exactly what you need. Roldan combines her personal story, expertise, and experience with tried and true spiritual practices, Law of Attraction, and yoga techniques to help the reader to connect with the call of their soul and live their life's purpose, one run at a time.

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