



## The Runner's High: Illumination and Ecstasy in Motion

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## The Runner's High: Illumination and Ecstasy in Motion

“The Runner’s High” is a marvelous side-effect of running, though mysterious and elusive. Sometimes you get it, sometimes you don’t. These 50 personal essays explore it in depth and detail, from pleasant euphoria to religious visions and mindblowing out-of-body experiences. One constant through these stories is an overwhelming sense of joy and awe at the infinite possibilities of the human body and soul. This celebration of running as a spiritual experience will inspire people of all abilities to explore the metaphysical side of running.

**Garth Battista** is the editor of *The Runner’s Literary Companion* and *How Running Changed My Life*. He lives in Halcottsville, New York.

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