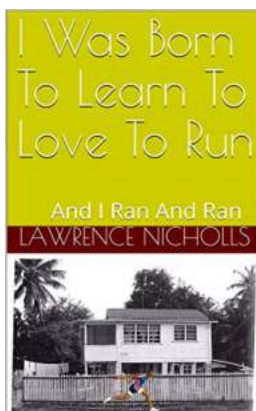


# Was Born To Learn To Love To Run: Embrace the Joy of Running

Running has always been a fundamental aspect of human evolution. From the early days of hunting and gathering to modern times, running remains an integral part of our lives. It is a natural instinct deeply ingrained within us. The rhythmic sound of our footsteps, the wind brushing against our face, and the feeling of our bodies moving effortlessly through space; these experiences resonate deep within our souls.

Running provides us with a sense of freedom and liberation. It allows us to break free from the constraints of our daily life and reconnect with our primal roots. It is an activity that transcends cultural, linguistic, and geographical boundaries. No matter where we are in the world, running unites us all.

For some, running is a means to achieve physical fitness and maintain a healthy lifestyle. It is a way to shed pounds, tone muscles, and improve cardiovascular health. However, running is not just about physical fitness. It is also a powerful tool for mental and emotional well-being.



## I Was Born To Learn To Love To Run: And I Ran

**And Ran** by Johnnie Davis (Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 1015 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 84 pages
Lending	: Enabled
Screen Reader	: Supported



The euphoria experienced during a run, commonly known as the "runner's high," is evidence of the positive impact running has on our mental state. As endorphins, the body's natural painkillers, flood our system, we feel a surge of happiness and contentment. The stresses of our daily life fade away as we become immersed in the pure bliss of running.

Moreover, running allows us to cultivate self-discipline, determination, and resilience. It teaches us that we are capable of overcoming challenges and pushing through difficult times. In a world where instant gratification is prized, running reminds us that achieving our goals requires perseverance and commitment.

Running is a sport that is open to all. It does not discriminate based on age, gender, or socioeconomic status. Whether you are a young child running in the park, a middle-aged adult training for a marathon, or an elderly individual enjoying a leisurely jog; running welcomes everyone with open arms.

It is important to note that running should be approached with caution. Proper training, adequate rest, and listening to our bodies are crucial to avoid injuries. It is recommended to consult with a medical professional or a running coach before embarking on a running regimen.

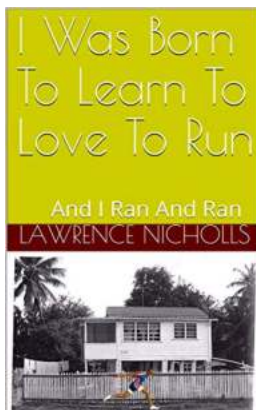
The beauty of running lies in its simplicity. All you need is a comfortable pair of shoes, breathable clothing, and an open mind. You can choose to run on a treadmill, in a park, on a trail, or wherever your heart desires. The world becomes your playground, and running becomes an adventure.

Running also offers an opportunity to connect with nature and appreciate the wonders it has to offer. The sights, sounds, and smells that surround us become vivid and alive. The vibrant colors of flowers, the chirping of birds, and the fresh scent of grass all contribute to the sensory experience of running.

The running community is a tight-knit and supportive one. Whether it is participating in local races, joining running clubs, or connecting with fellow runners online, the camaraderie and encouragement found within the running community are invaluable. The shared passion for running creates a bond that transcends borders and brings us closer together.

Running is not just a physical activity, but a way of life. It allows us to quiet the noise of the outside world and go within ourselves. It is a time for self-reflection, introspection, and personal growth. Through running, we discover our strengths, conquer our fears, and realize our true potential.

So, embrace the joy of running. Lace up your shoes, step out into the world, and surrender to the rhythm of your own feet. Let running become a part of your journey towards self-discovery and a life filled with passion and purpose. Remember, you were born to learn to love to run.



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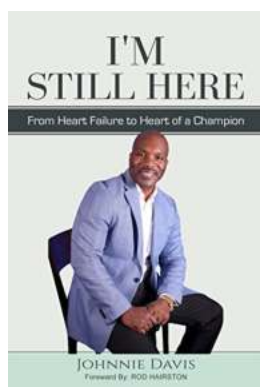
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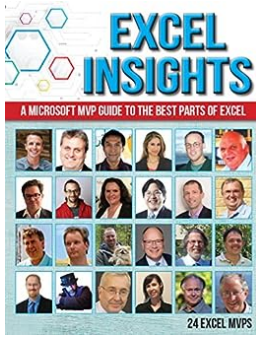
Superficially, but determinedly, in this book, 'I Was Born To Learn To Love To Run: And I Ran And Ran', I have described the vulnerability of myself as a child reaching back into my early life, attempting to come to terms with the reality of my possible cloaked-guidance and dependence upon the immediate family circle, the extended family and the cohesive mores, social, cultural and moral value designed to cast a comfortable and reassuring shield and network to encourage and develop me, not only from the fragility and vulnerability, but from infancy into the responsive, caring and strong maturing person. The growth in the plot was aligned with the general theme of 'born to learn to love to run'. It compared the inadequate speed of us human with the developed nervous survival skills in the opened theater of all nature's predatory-pray dynamics. I as the child, learned to run and accept it as an essential component of the routine in life; it was the poetry which first hatched the theme, which time and experience patiently sculptured. Running to me was part of almost everything: including learning, courage, fear, play, curiosity, science, family wants and needs. Running involved skills to be harnessed, relished, defended, applied and acts of appeasement and rewards. It brought joy and disappointment; it questioned honesty, unveiled scheming; revealed an art while building the physical. My running was a communion with nature which not only raised a philosophical debate but enjoined the universal connection. You will feel, embrace, reflect upon running beyond the theme, plots, scenes, poetry and prose, joy and disappointment as a valuable tool to meander, examine and judge me and life in progress and its processes. The book, 'I Was Born To Learn To Love To Run: And I Ran And Ran', will give you the opportunity to journey with me in the part of the rustic environment on the coastal land of Demerara, in Guyana, prior to the turn of the century when its natural scenery seem untouched and unspoiled very little by human and colonial contentment to

restrict the spoiling of the land except in the ways they preferred. But the vivid story-line in the book about my childhood and growing up afterwards will give you the opportunity to wonder, ponder and reflect with me upon mine and your own experiences, to dream and judge our own strengths, vulnerabilities and weaknesses, in the charming yet convulsive world and even further to gather your thoughts from deep within you to reveal something of your own that lay in dormancy, or was ignored, or forgotten, or you might find something new to put your mind at ease within the world in which our flesh blood and soul have occupied. May your attentive reading of my book 'I Was Born To Learn To Love To Run: And I Ran And Ran', help you to not only address the characters good intent, determination and resolutions; recreate the mental and oral picture and timeline of the setting; find and examine the plots; take objective and critical stance regarding the conflicts presented, applied, and implied; but find, certify, improve, or decertify the resolution with if you thinks a more sanguine and flattering resolution and action shall be necessary in appreciation of the seriousness or fun of any critical, relaxing reading. Further, I expect you to be inspired in the journey of life with an opened and questioning mind and with similar zest, I anticipate that you will have taken this journey with me through the thoughts in this book and, awake your consciousness to the value of vicarious and direct experiences which you might have otherwise overlooked to gain and share your touching perspectives.



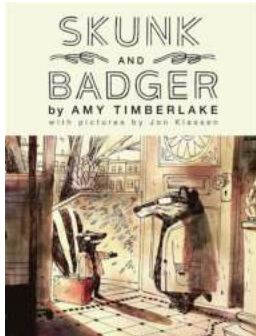
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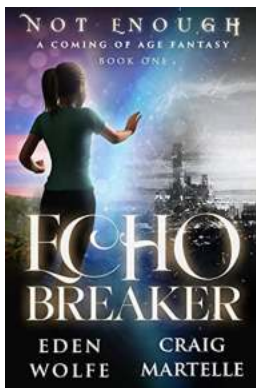
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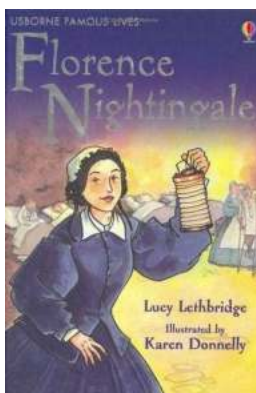
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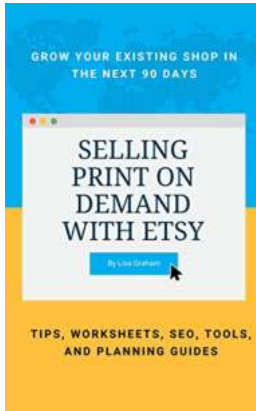
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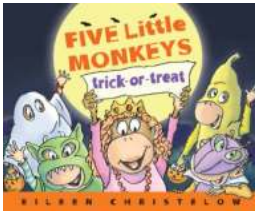
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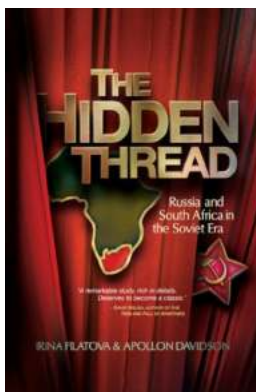
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