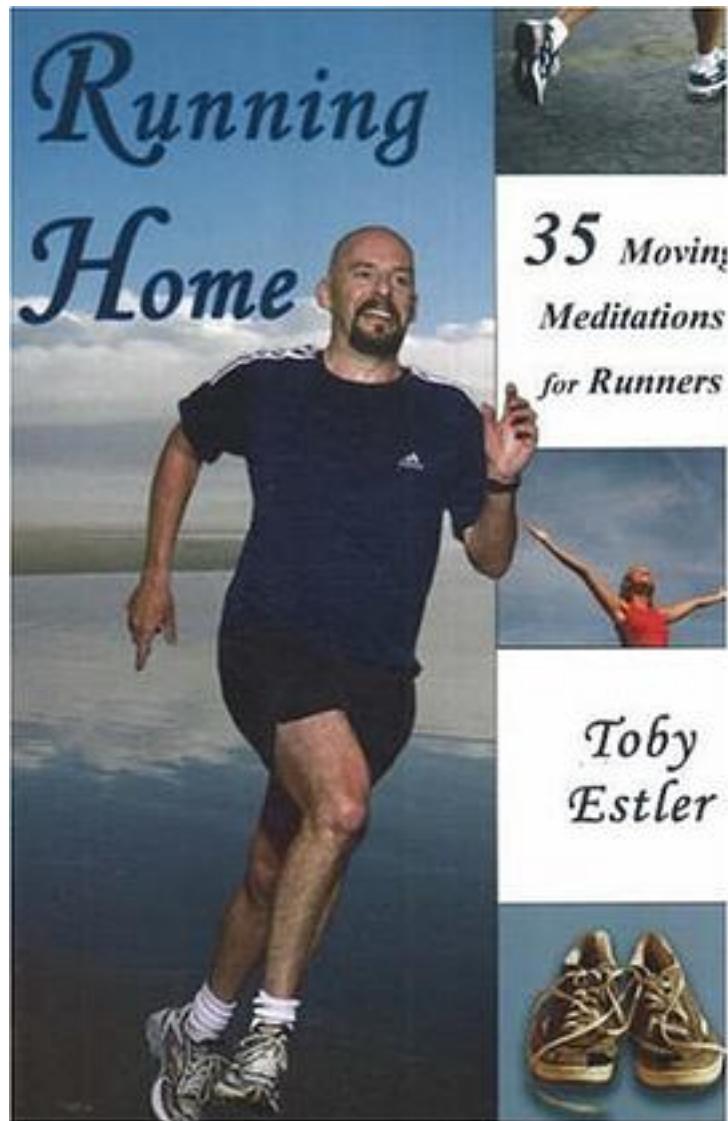


Running Home



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A foxhunt saboteur and demonstrator who served time in jail; a former 60-a-day smoker and drug user; a man whose choices almost broke apart his marriage--author Toby Estler knows what real transformation is all about: looking for, discovering, and learning from the opportunities in everything that life brings. His style is so honest, entertaining, and uplifting that, on first reading, you will want to keep reading *Running Home* straight through to the finish line, before returning again and again to experience the inspiration of the moving meditations. Each chapter in this book offers you opportunities for: *Discovering how to carry the inspiration and joy from running or other sport deeper into your personal and professional life.

- *Enhancing your running efficiency.
- *Finding creative solutions to challenges in any area of your life.
- *Establishing, nurturing, and deepening your relationship with the very best of who you are.
- *Enjoying the peace and calm of your workouts throughout your entire day.
- *Experiencing deeper spiritual awareness, authenticity, and wholeness.

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