

MEDITATIONS FROM THE BREAKDOWN LANE: RUNNING ACROSS AMERICA

James E. Shapiro



Meditations From The Breakdown Lane Running Across America

James E. Shapiro



Meditations From The Breakdown Lane Running Across America:

Meditations from the Breakdown Lane James E. Shapiro, 1983 Presents the author's account of his solo run across the United States detailing his experiences with harsh terrain bad weather physical exhaustion and boredom and describing his encounters with many different people throughout America

Meditations from the Breakdown Lane James Shapiro, 2019-07-18 This inspirational book is the captivating true chronicle of author Jim Shapiro's epic 80 day 3 026 mile run across America in the summer of 1980 Balancing vivid descriptions of the ever changing physical landscape and candid explorations of his own mental state Shapiro offers an essential volume in the library of classic American travelogues

Body Problems Ben Agger, 2019-07-30 Body Problems addresses the relationship between the body and society in a fast food culture Agger focuses on issues of food exercise work dieting and eating disorders fashion bariatric and cosmetic surgery and health He addresses a growing fundamental dilemma that we have ample access to abundant calories yet lead lifestyles and have jobs that for the most part do not enable us to expend those calories He proposes solutions both individual and structural that involve re orienting ourselves to exercise as play This second edition has been updated to include a new chapter on food capitalism and a concluding passage arguing Cartesian dualism can be resolved by exercising vegans in ways that would thwart this food capitalism and give people immense control over their bodies health and well being The book is ideal for courses in introductory sociology social problems work sociology of sport and leisure gender and health and illness

Making the Marathon Your Event Richard Benyo, 2011-08-10 In easy to understand language Benyo covers preliminaries preparation pacing and strategy and much more He helps runners tailor a general program to their own particular needs and backs his recommendations with up to the minute research From the Trade Paperback edition

Sixties at 40 Ben Agger, 2015-12-22 Based on recent interviews this unique sixties book brings together the voices of the Left leaders who spawned the sixties movements Many remain activists today and experience and the passage of time allow them to transcend nostalgia to form more realistic perspectives on past present and future They discuss the civil rights and antiwar movements the political outcome of the sixties patriotism terror and the role of young people in the future Important gains were made during the sixties but there were many setbacks too that influence today's voters leaders candidates and our day to day realities The sixties of this book are not simply a sweet memory of marijuana and album rock there were many casualties including innocence and youthful idealism Agger concludes with reflections on the possibilities of a next Left which was already faintly visible in young people's massive support of Obama's presidential candidacy

Texting Toward Utopia Ben Agger, 2015-11-17 This book examines the contemporary era where parents complain that children today don't do their homework because they are distracted by the Internet texting and video games Texting Toward Utopia presents the writings of today's children and develops the argument that this is actually a time of mass literary in which young people write furiously albeit often below the adult radar Agger argues that where texting replaces textbooks the writing may be emoticon

laden slangy or terse but it is still profound as children and their parents engage in resistance and write for a better world
This book is a guide to understanding the meeting point between a new generation of children and new communication technologies **You Can Travel Free** Robert William Kirk,1985 The author has traveled nearly 500 000 miles around the world for free would like to share his secrets with his readers By swapping a home using a talent or guiding a group anyone can travel free across the U S or around the world **The Nature Observer's Handbook** John W. Brainerd,1986
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