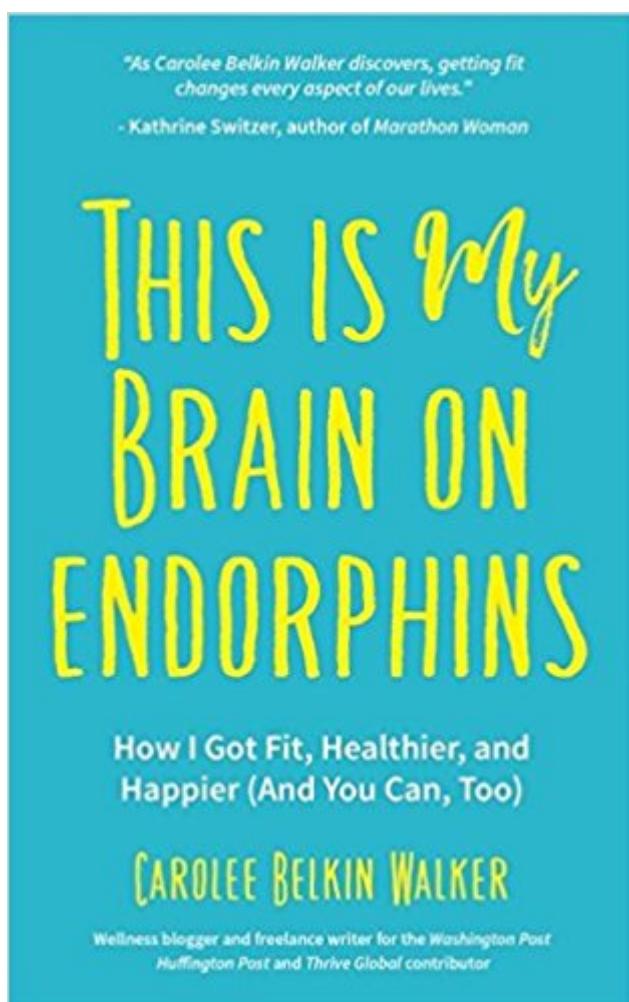


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This Is My Brain On Endorphins: How I Got Fit, Healthier, And Happier (And You Can, Too)



Synopsis

#1 New Release Healthy woman: You don't have to run a marathon to be fit and healthy or suffer through a triathlon that includes a half-mile swim in the ocean. But you do need an exercise habit. Especially as we age, exercise is not optional. Yet unless we had been athletes as kids or young adults, and few of us were, we do not know how to find our edge. Learning how to carve out time to meet our fitness needs or to push ourselves physically and mentally is one of the greatest challenges to aging well. Confident woman: Inspired by her highly popular blog "Be the Dog", Carolee Belkin Walker's *This Is My Brain on Endorphins* is a relatable story of what it's like to be a successful professional woman encountering all things fitness for the first time. Even if readers have never put on a pair of running shoes or tried again and again to get a fitness habit they'll relate to the highs and lows of Walker's journey to the back of the pack ultimately stumbling on a path to resilience and well-being. Happy woman: You could fit two of Walker inside what her body looked like in February 2014. But it is the powerful sense of confidence and resilience that's had the greatest impact on Walker and inspires others. This book is about Walker digging in, discovering who she is, and seeing how far she can push herself to be strong, fit, healthy, and most important, resilient. Her writing is full of humorous situations as Walker decides to be an active participant in life and not take the setbacks, or herself, too seriously. Chapters cover: Exploring nutrition Aging Musical motivation Training Body image Self-confidence Sexual health Travel Parenting Running

Book Information

Paperback: 224 pages

Publisher: Mango (January 1, 2018)

Language: English

ISBN-10: 1633537102

ISBN-13: 978-1633537101

Shipping Weight: 1.1 pounds (View shipping rates and policies)

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Customer Reviews

Carolee Belkin Walker is a wellness blogger and freelance journalist whose work appears in the

Washington Post, Women's Running, the Huffington Post, and Thrive Global. She lives in Washington, D.C. <http://caroleewalker.com/>

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