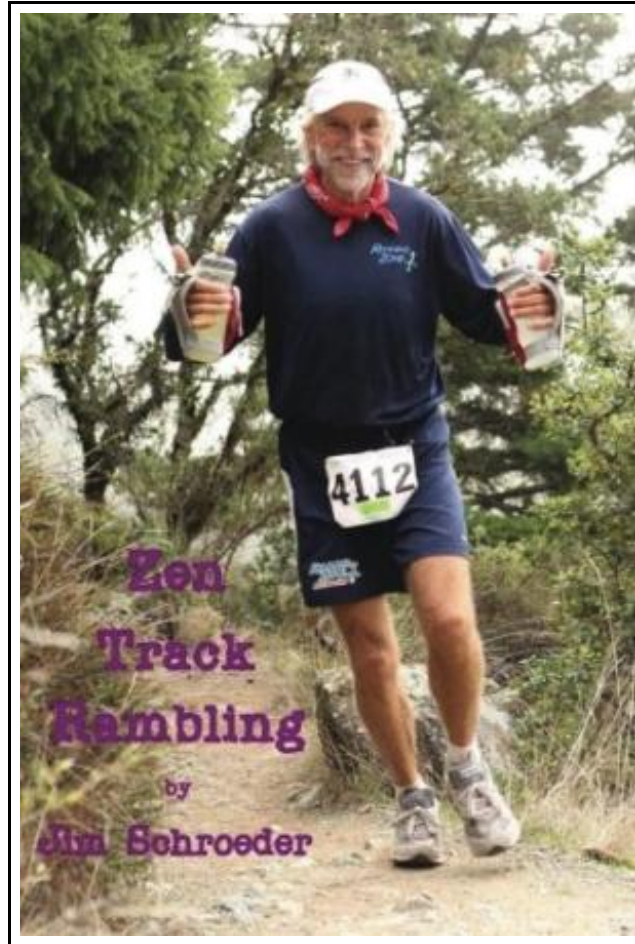


Zen Track Rambling (Paperback)



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Reviews

An extremely wonderful publication with lucid and perfect reasons. It typically will not expense too much. You are going to like the way the blogger compose this publication.
(Prof. Maya Hand)

ZEN TRACK RAMBLING (PAPERBACK)



Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Zen Track Rambling came about quite by chance: First, as a joyful account to capture the feelings I experienced during my long runs; and secondly, as a means to relieve the pain, depression, and general helplessness I felt during a long-term injury. My running journey has led me to extreme highs, but has also plunged me bipolar-like into the depths of depression. The journey began in Starved Rock State Park, outside of LaSalle, Illinois, in August 1999, when I was an expatriate in Australia working in the States for a spell. At sunrise, I'd run the trails before work, then share in a communal breakfast with my workshop colleagues; yet during the work day, I would drift and daydream. I was fifty-something, and felt disconnected, not knowing who I was or where I was headed. But I put my time to good use during those humdrum workshops: I'd scribble the memories from the day's run on scraps of paper! The result of my ennui was an accumulation of paper scraps marked with ruminations of my daily runs. On my flight back to Australia, I gathered those scraps and magically scribed the poem zen track rambling. The title of the poem, however, is unrelated to my morning runs on the Starved Rock trails even though they were the poem's inspiration; rather, zen track is a name my Australian running mates and I coined to describe a scorching hot, blustery bike path which runs along a railway line-and, which once hosted the infamous Ghan from Adelaide to Darwin-where we often hallucinated as we ran in 100 plus-degree temperatures. As I was living and working in Australia...



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Other eBooks



From Kristallnacht to Israel: A Holocaust Survivor s Journey (Paperback)

Dog Ear Publishing, United States, 2009. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.In the 1930s, as evil begins to envelope Europe, Karl Rothstein...

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Prometheus Books, United States, 2000. Hardback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. The Internet may now be the most powerful, single source of information in the world, and...

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Fox Tales for Kids: Fifteen Fairy Stories about Foxes for Children (Paperback)

Createspace, United States, 2012. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Fifteen short stories about foxes are selected from several books of fairy tales...

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Penguin Books Ltd, United Kingdom, 2013. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book. In this classic fairy tale, a nut falls on Chicken Licken s head and he...

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The Wildhern Press, United Kingdom, 2008. Paperback. Book Condition: New. 226 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin was an American children s author and educator....

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Createspace, United States, 2015. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.*Includes pictures *Includes Josephine Baker's quotes about her life and career *Includes

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A Cathedral Courtship (Illustrated Edition) (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2009. Paperback. Book Condition: New. Charles E Brock (illustrator). Illustrated. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was

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Penelope's Postscripts (Dodo Press) (Paperback)

Dodo Press, United Kingdom, 2007. Paperback. Book Condition: New. 229 x 152 mm. Language: English . Brand New Book ***** Print on Demand *****.Kate Douglas Wiggin, nee Smith (1856-1923) was an American children's author

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ASPCA Kids: Rescue Readers: I Am Picasso (Paperback)

Studio Fun International, United States, 2015. Paperback. Book Condition: New. Debra Melman (illustrator). 216 x 152 mm. Language: English . Brand New Book. Fourth in the ASPCA Rescue Readers series, this Level 2 reader follows

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