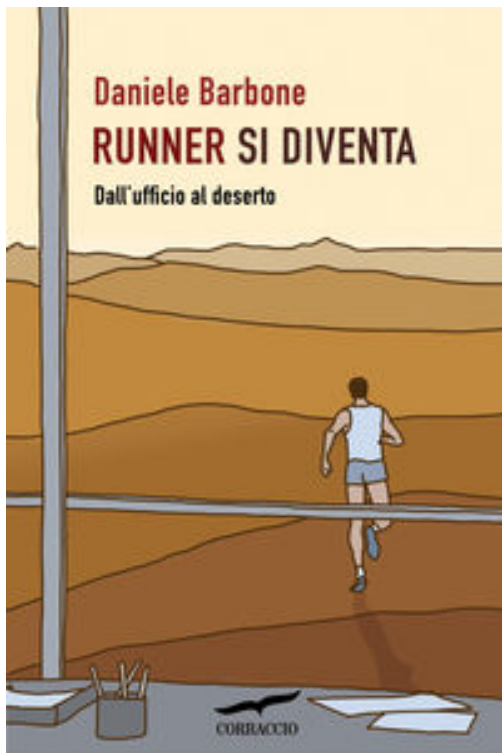


Leggere Runner Si Diventa Ebook Gratuito PDF/EPUB/mobi - Daniele Barbone



leggere Runner si diventa Ebook gratuito PDF/EPUB/mobi Daniele Barbone , PER RAGGIUNGERE TRAGUARDI IN OGNI CAMPO, DALL'UFFICIO AL DESERTO. Chi, un bel giorno, decide di alzarsi dalla sedia e di mettersi a correre non inizia solo a praticare uno sport entusiasmante, ma cambia anche la sua vita. Questo è il messaggio che Daniele Barbone, imprenditore e runner, trasmette nel suo libro. Per correre non bisogna acquistare un'attrezzatura costosa, bisogna solo abbandonare la pigrizia e muovere il primo passo. Dall'isolato di casa e dai parchi cittadini alle mezze maratone e alle maratone, Daniele racconta come è approdato alle Five Major Marathons e alla 100km del Sahara, la corsa nel deserto che si avvicina al mondo estremo dell'Ultra-Trail. Ci vogliono volontà, motivazione, resilienza, capacità di porsi obiettivi realistici ma sempre più ambiziosi, non per ottenere riconoscimenti esterni ma per provare soddisfazione in se stessi. Oggi Daniele Barbone non è solo un runner, è anche un «pace-maker», un motivatore che affianca, sprona e consiglia chi sta correndo. E

in «Runner si diventa» Daniele condivide con il lettore la sua «cassetta degli attrezzi», utile a chiunque voglia avvicinarsi al running, a chi già lo pratica e a chi lo vede come metafora che insegna a realizzare i propri traguardi in ogni campo, dallo sport allo studio al lavoro: a individuarli, a sviluppare la resilienza necessaria, a soffrire un po', a trovare buoni compagni di viaggio e, infine, a raggiungerli.

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