

# Jog On: How Running Saved My Life



## Jog On: How Running Saved My Life by Bella Mackie

★★★★☆ 4.4 out of 5

Language : English  
File size : 1245 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
X-Ray : Enabled  
Word Wise : Enabled  
Print length : 196 pages



Running changed my life. It gave me a new sense of purpose, helped me to overcome depression and anxiety, and ultimately saved my life.

I started running in my early 20s, after a period of intense stress and anxiety. I was working long hours, my relationships were strained, and I was struggling to cope with life in general. I felt like I was on the verge of a breakdown.

One day, I decided to go for a run. I had never been a runner before, but I figured it was worth a try. I ran for about a mile, and when I finished, I felt surprisingly good. I felt energized and clear-headed. I had a sense of accomplishment that I hadn't felt in a long time.

I started running regularly after that, and over time, I noticed a significant improvement in my mental health. Running helped me to reduce stress, improve my mood, and boost my self-confidence. It also gave me a sense

of community and belonging. I met other runners who were also struggling with mental health issues, and we supported each other through our journeys.

Running didn't cure my depression and anxiety overnight, but it was a major turning point in my life. It gave me the strength and motivation to seek professional help, and it helped me to develop coping mechanisms that I still use today.

I'm so grateful for the role that running has played in my life. It has saved me from a dark place, and it has given me a new lease on life. I believe that running can help anyone who is struggling with mental health issues, and I encourage everyone to give it a try.

## **What is Jog On?**

Jog On is a memoir about my journey from depression and anxiety to recovery through running. In the book, I share my personal story, as well as practical advice on how running can help others who are struggling with mental health issues.

Jog On is a book of hope and inspiration. It is a reminder that even in the darkest of times, there is always hope. And it is a testament to the power of running to transform lives.

## **Who is Jog On for?**

Jog On is for anyone who is struggling with mental health issues, or who is simply looking for a way to improve their mental well-being. It is also a great resource for family and friends of people who are struggling with mental health issues.

If you are looking for a book that will inspire you, motivate you, and give you hope, then Jog On is the book for you.

## Free Download your copy of Jog On today!

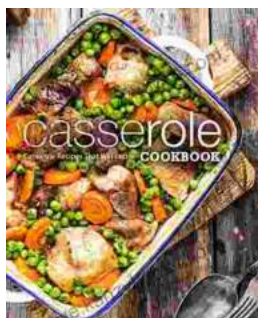
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