



BOLD MOVES

DIARY OF A FIRST TIME MARATHONER



DIANE WILHELM

Bold Moves Diary Of A First Time Marathoner

William Laxton



Bold Moves Diary Of A First Time Marathoner:

Bold Moves Diane Wilhelm,2012-11 It started out as a simple Bucket List goal but became much much more Bold Moves chronicles Diane s journey as a first time marathoner You will quickly discover as Diane did that the training journey involved more than running Her nearly six month commitment to train and eventually run 26 2 miles brought forth lessons about family work life balance faith leadership and sacrifice Aiming to be a one and done the training journey takes Diane through some surprises as she discovers the parallels of running and facing life s struggles Bold Moves is an inspirational story that will prod readers to assess the items lingering on their Bucket List If Diane can turn her dreams into reality why can t you

Runner's World ,1996 *The Oil and Gas Journal* ,1963 *Literary Gazette and Journal of Belles Lettres, Arts, Sciences, Etc* William Jerdan,William Ring Workman,Frederick Arnold,John Morley,Charles Wycliffe Goodwin,1836
Literary Gazette and Journal of Belles Lettres, Arts, Sciences, &c ,1836 *The Literary Gazette and Journal of Belles Lettres, Arts, Sciences, &c* ,1836 **The London Literary Gazette and Journal of Belles Lettres, Arts, Sciences, Etc** ,1836 **Christian Advocate and Journal and Zion's Herald** ,1900 **The Civil Engineer and Architect's Journal** William Laxton,1842 **Unbuttoning: Undo Overthinking, Loosen Perfectionism, and Breathe Again. A**

High-Achiever's Guide to Embracing Imperfection and Building Mind-Body Resilience. Ross Taosaka,2025-09-02 From the outside you re thriving On the inside you re barely breathing This is the high achiever s silent reality As Kirkus Review states Welcome to the high achiever s dilemma the paradox of being outwardly successful yet inwardly exhausted mentally drained and constantly chasing the ever moving finish line If you are quietly battling overthinking perfectionism and emotional fatigue beneath your success UNBUTTONING is your essential guide The book is hailed by Kirkus Review as an actionable approach for perfectionists looking to lead less stressful and more fulfilling lives The highly motivated individual can appear to have everything figured out but as therapist Ross Taosaka explains this cohort faces a mountain of hidden struggles their peers don t perceive Your sensible guide to unwinding internal tension Ross Taosaka JD LMT brings a deeply informed and compassionate perspective shaped by his diverse work as a litigator social worker Aikido practitioner and licensed massage therapist Drawing from years of experience across high pressure fields he offers readers a way to unwind the internal tension without losing your edge UNBUTTONING helps you confront the why behind harmful thought processes and outlines clear practical techniques to combat stress The text is intentionally graspable for any reader Kirkus Review focusing on simple tools for calming your nervous system and loosening the grip of self criticism Each chapter includes the essential Ease Into It sections which provide soft sustainable actions that let you make real change without adding pressure to your plate This isn t a book about doing more it s about unlearning what no longer serves you and finally returning to the centered capable version of yourself that s been there all along As Taosaka reminds his readers You don t need to be fearless You need to be willing Loosen the pressure Reclaim your calm Now Praise from Kirkus Review Author and therapist Taosaka

aims to relieve anxiety reframe negative thought patterns and reveal the mind of the high achiever with this self help book Though the highly motivated highly successful and highly adept individual may seem like to have everything figured out such individuals per Taosaka actually face a mountain of hidden struggles that their peers don t perceive As the author explains Welcome to the high achiever s dilemma the paradox of being outwardly successful yet inwardly exhausted mentally drained and constantly chasing the ever moving finish line High achievers often struggle with overthinking perfectionism and imposter syndrome the feeling that they don t belong or haven t earned their place Taosaka helps this cohort confront these issues by examining the why behind harmful thought processes and outlining techniques to combat stress These exercises commonly added at the ends of the chapters in sections titled Ease Into It are soft actionable prompts that include breathing techniques journaling ideas and mindfulness practices In addition to discussing relevant research differing philosophies and various helpful strategies Taosaka peppers success stories throughout each chapter mostly those of celebrities Albert Einstein Oprah Winfrey and Stephen King to name a few who have confessed to struggling with the issues covered here Of Winfrey the author writes By training her mind to focus on simplicity rather than fear she learned to trust her intuition and make decisions from a place of assurance rather than anxiety The text also contains nutrition tips and explains the science behind emotional regulation without becoming overwhelming Each chapter is graspable for any reader with enough action items to get one started on a path to undoing harmful overthinking As Taosaka reminds his readers in order to start this journey You don t need to be fearless You need to be willing An actionable approach for perfectionists looking to lead less stressful and more fulfilling lives

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