



Running and Philosophy: A Marathon for the Mind

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A unique anthology of essays exploring the philosophical wisdom runners contemplate when out for a run. It features writings from some of America's leading philosophers, including Martha Nussbaum, Charles Taliaferro, and J.P. Moreland.

- A first-of-its-kind collection of essays exploring those gems of philosophical wisdom runners contemplate when out for a run
- Topics considered include running and the philosophy of friendship; the freedom of the long distance runner; running as aesthetic experience, and "Could a Zombie Run a Marathon?"
- Contributing essayists include philosophers with athletic experience at the collegiate level, philosophers whose pastime is running, and one philosopher who began running to test the ideas in his essay

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