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book' Joe Lycett 'Perfect for resetting a glum January mindset' Alexandra Heminsley 'My kind of role model' Ben Fogle Divorced and struggling with deep-rooted mental health problems, Bella Mackie ended her twenties in tears. She could barely find the strength to get off the sofa, let alone piece her life back together. Until one day she did something she had never done of her own free will – she pulled on a pair of trainers and went for a run. That first attempt didn't last very long. But to her surprise, she was back out there the next day. And the day after that. She began to set herself achievable goals – to run 5k in under 30 minutes, to walk to work every day for a week, to attempt 10 push-ups in a row. Before she knew it, her mood was lifting for the first time in years. In Jog On, Bella explains with hilarious and unfiltered honesty how she used running to battle crippling anxiety and depression, without having to sacrifice her main loves: booze, cigarettes and ice cream. With the help of a supporting cast of doctors, psychologists, sportspeople and friends, she shares a wealth of inspirational stories, research and tips that show how exercise often can be the best medicine. This funny, moving and motivational book will encourage you to say 'jog on' to your problems and get your life back on track – no matter how small those first steps may be.

**Running is not magic beans and i now know that i can t expect it to inure me to the genuine sadness of life but throughout tough periods in my life and without realising it i had finally acquired a coping skill one that has helped me every day since i found myself on that floor wondering how i d ever get up**

Get this from a library jog on how running saved my life bella mackie divorced and struggling with deep rooted mental health problems bella mackie ended her twenties in tears she could barely find the strength to get off the sofa let alone piece her life back. Jog on how running saved my life bella explains with hilarious and unfiltered honesty how she used running to battle crippling anxiety and depression without moving and motivational book will encourage you to say jog on to your problems and get your life back on track no matter how small. Jog on how running saved my life by bella mackie william collins 9780008241728 pbk dec 2019 keep reading mother a memoir by nicholas royle interview dylan thomas prize shortlistee ocean vuong interview dylan thomas prize shortlistee mary jean chan. Book review jog on how running saved my life by bella mackie mar 4 2019 2019 book reviews ilovegettinglostinbooksdivorced and struggling with deep rooted mental health problems bella mackie ended her twenties in tears.

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and. Description jog on how running saved my life is a book by bella mackie about her personal struggle with mental health issues and how running helped her to build momentum in her battle against anxiety and depression bella provides a disarmingly candid account of her experiences with mental illness and the failures and successes that she had in using exercise to confront it. The sunday times bestseller bella s brilliant love letter to running turns into an extraordinarily brave and frank account of her battle with anxiety a. Running got my life back into gear it helped me finish school move out of my parent s house and find a job 5 years later i have thousands of miles and tons of races under my belt i live in a great place with an amazing girl and am excelling at where i work.

**Jog on how running saved my life by bella mackie is today s borrowbox highlight this book is a must read for those starting out on that difficult journey of being a runner bella mackie gives invaluable practical tips on running and setting goals she writes in a style that s both supportive and honest**

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battle with anxiety a passionate and important book joe lycett. Jog on was an excellent audiobook panion on my runs bella mackie has gone from crippling anxiety that wouldn t let her leave the house to running at the end of feb 2019 i struggle with anxiety especially in relation to my studies and i have been trying to take up running.

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