



Running Unconscious

**William Bridel, Pirkko Markula, Jim
Denison**



Running Unconscious:

Conscious and Unconscious Programs in the Brain Benjamin Kissin, 2012-12-06 For almost a century now since Freud described the basic motivations and Pavlov the basic mechanisms of human behavior we have had a reasonable concept of the forces that drive us Only recently have we gained any real insight into how the brain really works to produce such behavior The new developments in cognitive psychology and neuroscience have taught us things about the function of the brain that would have been inconceivable even ten years ago Yet there still remains a tremendous gap between the two studies human behavior and brain function a gap which often seems irreconcilable in view of the basic differences in the methodologies and approaches of the two fields Students of behavior are frequently disinterested in the underlying neurophysiology while neurophysiologists tend to consider the concepts of psychiatrists and clinical psychologists too vague and theoretical to be applicable to their own more limited schemata Several valiant attempts have been made by experimentalists to develop a theoretical context in which behavior is described not separately from brain function but rather as its direct outgrowth This present work is still another attempt to develop a theoretical system which given the limitations of our present knowledge as completely as possible the underlying brain mechanisms that influence and determine human behavior The main emphasis of this work however will be not on normal behavior but rather on more neurotic manifestations

The Hidden Psychology of Our Talking David W. Shave, 2019-04-01 This book introduces the concept of the unconscious entity and reveals it as the most important concept in psychology The book begins by presenting that the basic emotional need of humans is the need to be emotionally comfortable Anything that makes us emotionally uncomfortable is a frustration of our basic emotional need that then produces anger The bigger the frustration the more anger is produced If that anger is not immediately expressed it becomes repressed and then stored in our mind as unconscious entity making any unwanted feeling we have more unwanted Unconscious entity arises from our unexpressed anger It manifests itself as unwanted feelings The feeling we least want is the very feeling most likely to be produced by our unexpressed anger To reduce the intensity of an unwanted feeling or to remove it completely we must convert the unconscious entity in our mind back to expressed anger which we can do unconsciously when we talk to a listener about what we dislike or hate What we dislike or hate will be unconsciously equated with an unconsciously perceived part of our listener The anger is then directly expressed to that part and will be metaphorically hidden This reveals a new dimension in human communication that has the capacity to cure psychogenic illnesses Anger arising from our stored unconscious entity can also be reduced when it is expressed inwardly to ourselves as in any hard work exercise or self punishment or by punishment inflicted by others Reducing our unconscious entity makes us less emotionally uncomfortable which is the same as making us more emotionally comfortable That meets our basic emotional need indirectly This book shows how we unconsciously hide our expressed anger in our talking to a perceived listener We do it by utilizing unconscious predicate equating that this book shows for the first

time anywhere is a prominent cognition of humans and not limited to or being diagnostic of schizophrenia as psychology and psychiatry now believe It reveals the hidden and real cause for homelessness PTSD pedophilia and why people senselessly kill as in mass killings This book is a must read not only for anyone associated in any way with psychology or psychiatry but anyone interested in the origin of their own unwanted feelings and wanting to rid themselves of them *Transcendental Magic: The Rise of the New Magicians* David Sinclair,2022-01-29 When the transcendental magicians appeared the traditional magicians had no idea what to make of them The newcomers said they knew the true basis of magic Magic real magic is all about the power of the mind Not the conscious mind but the unconscious mind The source of magic is the mind we know nothing about the hidden mind the secret mind the second mind the occult mind Humanity hasn't even begun to grasp the power of the unconscious But the transcendental magicians made the unconscious the transcendental unconscious the focus of their search for the powers that transform the world Transcendental magic marries psychology physics metaphysics and mathematics Magic is literally built into the fiber and fabric of existence All you need to do is work out the magic code Then you can hack reality and achieve your dreams The new magicians have come forth Transcendental magic is the most powerful magic of all The Magic Wars are about to begin **Endurance Running** William Bridel,Pirkko Markula,Jim Denison,2015-10-05 Running is a fundamental human activity and holds an important place in popular culture In recent decades it has exploded in popularity as a leisure pursuit with marathons and endurance challenges exerting a strong fascination Endurance Running is the first collection of original qualitative research to examine distance running through a socio cultural lens with a general objective of understanding the concept and meaning of endurance historically and in contemporary times Adopting diverse theoretical and methodological approaches to explore topics such as historical conceptualizations of endurance lived experiences of endurance running and the meaning of endurance in individual lives the book reveals how the biological historical psychological and sociological converge to form contextually specific ideas about endurance running and runners Endurance Running is an essential book for anybody researching across the entire spectrum of endurance sports and fascinating reading for anybody working in the sociology of sport or the body cultural studies or behavioural science **Instinct and the unconscious** William Halse Rivers Rivers,1920 *Running, Thinking, Writing* Jackie Hoermann-Elliott,2021-06-12 For the creative fulfillment of writers who identify as runners walkers or movers Running Thinking Writing Embodied Cognition in Composition unveils the varied understandings of the relationship between writing activity and physical activity Jackie Hoermann Elliott provides an interdisciplinary overview of relevant research from the fields of composition studies cognitive science neuroscience and sports psychology before proposing a new theoretical framework for explaining what happens to writers when they are moved to develop their writing while their bodies are in motion She shares illuminating accounts from runner writers working in the industries of journalism academia and youth literature She also provides pedagogical insights from working with student writers on embodied writing assignments as well

as introductory activities for instructors to try in their own classrooms With a running metaphor guiding the chapters in this book readers will be challenged to view writing as embodied cognition and to realize the benefits of embodiment for all writers

Five Steps to Freedom Phil Golding, 2012-02-03 Do you spend much of your time feeling unfulfilled lonely angry anxious or depressed Are you running on empty Do you frequently find yourself with people who are not there for you or do you cut yourself off for fear of being hurt 5 Steps to Freedom reveals a sustainable pathway out of suffering and into self confidence and peace of mind It is said that we must learn to emotionally stand on our own two feet before we can find fulfilment in our lives This means knowing how to truly care for ourselves without depending on outside props that often trap us into unhealthy life style choices or destructive relationships This personal balance provides us with the confidence to step out into life and step in closer to other people without getting hurt 5 Steps to Freedom contains the key ingredients for emotional healing inner peace self awareness and self confidence It introduces a set of clear and effective guidelines that show you how to take care of your own feelings and needs It shows you how to create the life that you want Fear and confusion can be transformed into a pathway to understanding and healing You not only learn how to give to yourself but you can have plenty left over to freely give to others With the right understanding and the right approach every situation positive or negative can be turned to your benefit 5 Steps to Freedom shows you how to claim your potential and live it **RUN**

Fitzgerald Matt, 2010-05-24 Most serious runners don't realize their potential They simply stop getting faster and don't understand why The reason is simple most runners are unable to run by feel The best elite runners have learned that the key to faster running is to hear what their bodies are telling them Drawing on new research on endurance sports best selling author Matt Fitzgerald explores the practices of elite runners to explain why their techniques can be effective for all runners **RUN The Mind Body Method of Running by Feel** will help runners reach their full potential by teaching them how to train in the most personalized and adaptable way Fitzgerald's mind body method will revolutionize how runners think about training their personal limits and their potential **RUN** explains how to interpret emotional and physical messages like confidence enjoyment fatigue suffering and aches and pains **RUN** guides readers toward the optimal balance of intensity and enjoyment volume and recovery repetition and variation As the miles add up runners will become increasingly confident that they are doing the right training on the right day from one season to the next **RUN** marks the start of a better way to train The culmination of science and personal experience the mind body method of running by feel will lead runners to faster more enjoyable training and racing

Strength Training for Runners John Shepherd, 2015-02-12 Due to cost and time pressures people are abandoning the gym and organised sport in favour of more flexible and informal pursuits such as running But it's not just as simple as getting the miles under your belt Injuries can impact on your ability to train and all runners can benefit from a simple strength training and conditioning programme to boost performance and avoid unnecessary injuries **Strength and Conditioning** is now regarded as integral to any training programme from marathon runners to triathletes **Strength**

Training for Runners is designed to keep you as a runner on track whatever your level Packed with photos illustrating the different techniques this coaching manual is ideal for any motivated runner Chapters will guide you through constructing a programme of exercises to keep you running fit show you how to improve and strengthen your running and other muscles in specific warm ups and provide you with some great conditioning advice that will make you a stronger and faster runner With the right strength training approach behind you one that is balanced and reflects your training and racing needs your injury risk can be significantly reduced and your performance significantly increased Mind-Society Paul Thagard,2019-01-31 How do minds make societies and how do societies change Paul Thagard systematically connects neural and psychological explanations of mind with major social sciences social psychology sociology politics economics anthropology and history and professions medicine law education engineering and business Social change emerges from interacting social and mental mechanisms

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