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¿Cuántas veces el running se convierte en algo puramente mecánico, en el que lo único que se trabaja son los músculos, mientras la cabeza vaga y vuelve una y otra vez sobre nuestros problemas y preocupaciones? ¿Y si ese rato lo aprovecharíamos para, además de correr, pensar de forma constructiva y enriquecernos interiormente?

Esta es la propuesta de los coach deportivos Moi González y Montse Rodrigues: una recopilación de ideas y pensamientos para que esos minutos de ejercicio físico lo sean también de ejercicio mental, para conseguir un cuerpo y una mente igualmente tonificados, ágiles y en forma.

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