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In How to Think About Exercise, author and philosopher Damon Young challenges this idea of separation, revealing how fitness can develop our bodies and minds as one. Exploring exercises and sports with the help of ancient and modern philosophy, he uncovers the pleasures, virtues and big ideas of fitness.

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Damon Young challenges this idea, revealing how fitness can develop our bodies and minds, together. Exploring exercises and sports with the help of ancient and modern philosophy, he uncovers the pleasures, virtues and big ideas of fitness.

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In How to Think About Exercise, Damon Young answers this question by examining our modern lifestyles of new technology and expensive gym memberships, of commuter trains and air-conditioned offices, and asking us to reflect on the mental value of exercise.

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How to Think About Exercise By author Damon Young

[(How to Think About Exercise)] [By (author) Damon Young, By (author) The School of Life] [January, 2014] Paperback Jan 16 2014 by Damon Young (Author)

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How to Think About Exercise The School Of Life by Damon

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The School of Life Damon Young How to Think About

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(author) The School of Life eBooks (author) Damon Young eBooks (author) Description It can often seem as though existence is split in two: body and mind, flesh and spirit, moving and thinking.

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How to Think About Exercise School of Life The School

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