

The Only Safe Place Is On The Run



Have you ever felt the urge to escape from the confines of your daily routine? To break free from the familiar and embark on a thrilling adventure? While it may sound unconventional, running could be your ticket to reaching that elusive safe place.

Why Running?

Running has been a fundamental survival skill throughout human history. Our ancestors relied on their ability to run for extended periods to escape danger and hunt for food.



Snowden: The Only Safe Place Is on the Run

by Oliver Stone (Kindle Edition)

★★★★☆ 4.3 out of 5

Language	: English
File size	: 1798 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
X-Ray	: Enabled
Word Wise	: Enabled
Print length	: 176 pages
Lending	: Enabled



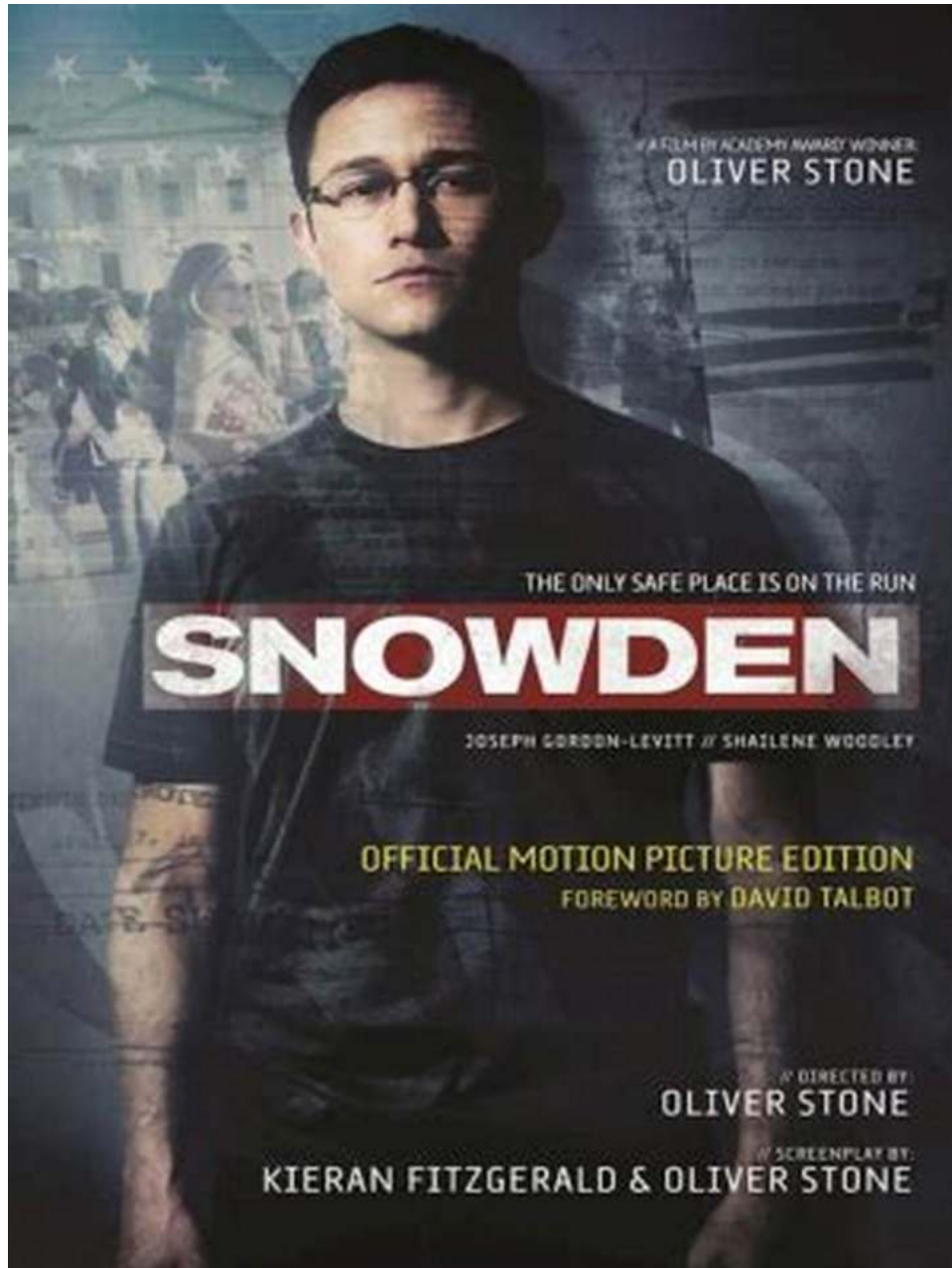
Today, our lives may appear safer on the surface, but hidden dangers still exist. Stress, sedentary lifestyles, and the countless health risks associated with them pose a significant threat to our well-being. However, running offers a unique solution to counteract these modern challenges.

When you run, your body releases endorphins, commonly known as "feel-good" hormones, which combat stress and improve your mood. It also strengthens your cardiovascular system, boosting your overall health and reducing the risk of various diseases.

The Art of Escaping

Running isn't just about physical health; it can also provide a mental escape from the pressures of everyday life. It is an opportunity to leave behind the noise and chaos, allowing your mind to reconnect with nature and focus solely on the rhythm of your steps.

Imagine the exhilaration of dashing through a peaceful forest, feeling the wind caress your face as your heart pounds with excitement. In these moments, your mind transcends ordinary worries and embraces the freedom that comes from being one with the natural world.



Additionally, running can be a social sport, offering an opportunity to connect with like-minded individuals who share your passion for exploration. Joining a running

club or participating in local races can introduce you to new friends and create lasting bonds.

Unlock Your True Potential

On the run, you discover your hidden potential. Each step forward pushes your limits, challenging you to surpass what you once believed was impossible.

Through consistent training, you build resilience, both physically and mentally. The discipline required to maintain a running routine transfers to other aspects of your life, enhancing your confidence and ability to overcome obstacles.



Running also opens doors to new adventures. You can explore uncharted paths, conquer challenging terrains, and even travel to different locations to participate in marathons or races. The world becomes your playground, and with each stride, you unveil its hidden treasures.

Becoming One with Yourself

Running can be a transformative experience that leads to self-discovery. In the solitude of your run, you gain clarity and introspection.

As the rhythm of your feet creates a symphony with nature, you find peace and a profound sense of connection. In these moments, you can let go of your worries and embrace the present, allowing your mind to wander freely and resolve internal conflicts.

“IN ULTRA RUNNING, SELF-DISCOVERY MIGHT NOT JUST BE A POSSIBILITY, BUT, FOR SOME, IT MAY BE THE SOLE PURPOSE OF TAKING ON SUCH A CHALLENGE IN THE FIRST PLACE.”

MICHAEL D'AULERIO

AUTHOR OF 'A RUNNER'S SECRET' & 'THE ULTRAMARATHON GUIDE'



LONG RUN
LIVING

Running teaches you that the only person you're truly competing against is yourself. It reveals your strengths, weaknesses, and the power within you to overcome difficulties.

Run Towards Your Safe Place

In a world filled with uncertainties, running can provide solace, purpose, and a safe haven. It becomes a personal journey towards self-improvement, self-discovery, and ultimately, self-assurance.

So, lace up your shoes, step outside, and let the pavement guide you to the only safe place that matters - the one you find on the run.



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The Oscar Award–winning director of *Wall Street* offers a “crisply drawn portrait of the world’s most celebrated whistle-blower” in this original screenplay (*The New York Times*).

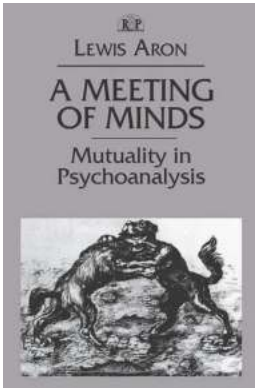
From director and screenwriter Oliver Stone, *Snowden* examines the life and actions of one of the most polarizing figures in modern history. In 2013, Edward Snowden quietly leaves his job at the NSA and flies to Hong Kong to meet with journalists Glenn Greenwald and Ewen MacAskill, as well as filmmaker Laura Poitras, to expose the US government’s secret—and shockingly extensive—cyber surveillance programs. A top security contractor with virtuoso programming skills, Snowden’s monumental act has been called heroic, treasonous, and the most far-reaching security breach in US intelligence history.

This official motion picture screenplay edition, written by Kieran Fitzgerald and Oliver Stone, includes a foreword by David Talbot and dozens of photos from the film that features Zachary Quinto, Tom Wilkinson, Melissa Leo, and Joseph Gordon-Levitt as Snowden.



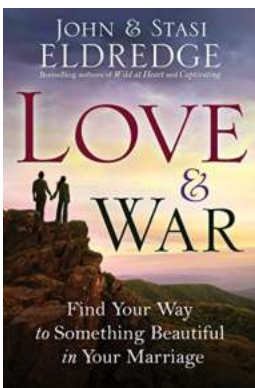
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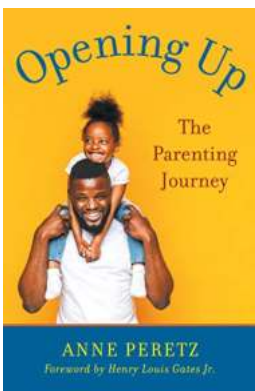
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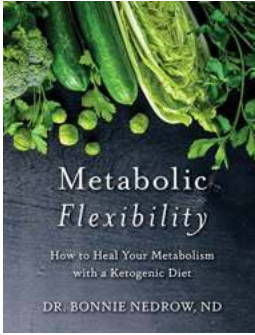
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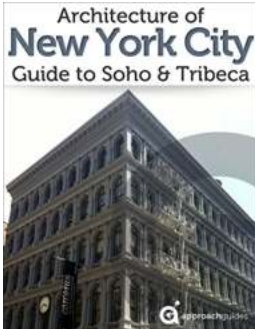
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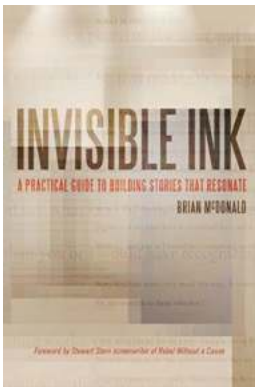
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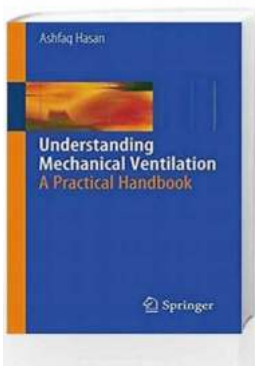
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