



Running with Nature: Stepping Into the Life You Were Meant to Live

Mariel Hemingway, Bobby Williams

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When there is a will to experience each moment of life more fully with vibrancy and vitality, there is a way. It's *Running with Nature*. It's about reconnecting to nature one broad-minded step at a time to discover a more fulfilling life of simplicity, adventure, stillness, and laughter. In *Running with Nature*, Mariel Hemingway and Bobby Williams share their dynamic and authentic approach to living mindfully and healthfully, offering concrete action steps that readers can take and even track through a multifaceted point-earning system. Simple activities like watching a sunrise instead of sleeping in, drinking water out of glass instead of plastic, taking time to be in silence instead of always listening to things out there, eating clean food instead of processed and packaged food, and taking time away from technology to get outside are some of the natural ways to tune into ourselves and make far-reaching differences in our lives, our relationships, and our world. As Mariel and Bobby explain, change can be approached radically or gently or anywhere in between. Readers can choose to take all ten suggested action steps in each area of their life or just a few. Through thought-provoking discussions and suggestions for lifestyle modifications, the authors gently urge and coach readers to take action, at their preferred pace, that will bring about lasting change--inside and out. *The Willing Way* is a book of inspiration. It provides the way to make a difference in the reader's approach to life. Having the willingness to do so is the only requirement.

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