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**100% Effective Natural Hormone Treatment**  
**Menopause, Andropause And Other Hormone Imbalances**  
**Impair Healthy Healing In People Over The Age Of 30!**

**RUNNING AWAY**

**By Joan Bramsch**

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Useful Links & Things

Need information? Don't know who to ask or where to turn? Here are some useful links and information sources that will respect YOU and your privacy.

Abuse:

Most of us don't know a lot about Child Abuse – what it is and what the results can be. This information is written for young people like you who want to know more. You may be reading this because you're concerned about yourself or about a friend, or just because you're interested in the subject.

As you get older, you start making important decisions about relationships with family and friends, school, and health.

How you feel, how you get along with others, and what you want out of life are all very important parts of growing up and living a healthy, happy life. But these are also the things that are threatened if you are a victim of child abuse.

You might think, Well, I'm not a child any more. But a person is considered a "child" up to the age of 18 in most states; 17 in others.

Even if you are older or you are no longer being abused, abuse can leave a lot of physical or emotional damage. So it's important to take steps to end the abuse if it is still happening and to begin to heal yourself emotionally so you can get on with your life.

In the pages that follow, we talk about what child abuse is and what it is not. We also talk about some of the reasons that child abuse happens and why it is so important for abused teens to get help for themselves and, hopefully, for their families. Then, we talk about how and where to get that help.

## RUNNING AWAY

What is child abuse?  
What are the different kinds of abuse?  
Abuse is a family problem  
The abuse is not your fault  
What are the signs of abuse?  
Dealing with the feelings  
Revealing the secret  
Getting someone to listen  
Where to get help  
Take the first step  
Need to talk?

### One Kid's Story

#### Running Away

What comes to mind when you think of kids who run away from home? Teenagers off on an adventure, looking for a good time? Kids who can return home when it doesn't work out?

Or maybe you think of the kids who make trouble at school? Who don't want to listen to their parents or anybody? Who just want to do what they want to do?

Or perhaps you think of young people with lots of problems and parents who don't care?

Really, there's no one way to describe young people who run away or who are homeless, or to describe the backgrounds they come from. They are males and females; from rich families and poor families. They may be your daughter or sister, nephew or friend.

Links that might help:

Who runs away?  
Why young people run  
What parents and friends should look for  
Preventing running away  
What you need to think about  
What happens on the street: meet Mike  
Options Mike thought about  
If your child has run  
A letter from the street  
If you need to talk

#### Suicide

Most young people end up killing themselves because they simply don't know where else to turn. They are in some kind of pain that seems unbearable and they want the pain to stop. They end up stopping their entire lives just because they didn't know what else to do.

Here are some links that might help:

Why do people kill themselves?

Suicide warning signs

What do you know about suicide?

Need to talk?

<http://joanbramsch.com/eens/eenlinks.shtml>

JOAN BRAMSCH is a family person, educator, writer and E-publisher. Her articles appear internationally in print and online. Six of her best-selling adult novels – near one million copies – have worldwide distribution. Her Empowered Parenting Ezine serves 1000 parents around the globe.

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### **All You've Ever Wanted To Know About Distance Running**

**By Adam Walters**

What is running?

The word running comes from the German word rinnen, meaning to flow. Its use to describe the sport of running seems quite apt as athletes do frequently seem to flow across their field of play. Running is a simple exercise that requires little equipment which makes it an excellent sport for everyone.

#### The History of Running

Running is a healthy activity for people of many different ages and is a great way to stay in shape and is one of the first forms of athletic competition. The origins of running as a sport can be traced all the way back to the first Olympic games. In fact, it is believed that the first thirteen Olympic games had only one event, a short sprint called a stade because it was the length of the stadium.

#### Competitive Running

Running is one of three kinds of events that fall under the title "track and field." When running, jumping and throwing all around combined in one contest it is called a triathlon.

Competitors in different races must take different matters into consideration when training. Since long distance running requires a great deal of endurance, longer distance runners work on stamina in order to stay strong throughout an entire race. Spinters, on the other hand, must simply move across a track at the greatest possible speed.

Most races are characterized by the distance being run, like the hundred meter dash, but others have more descriptive names, like the steeplechase.

The steeplechase, named for its similarity to a hunting course, is one of the more interesting events to watch. It shares far more in common with an obstacle course than it does with the hundred-meter

## RUNNING AWAY

dash. The various barriers and hazards must be avoided by the runner rough the obstacles without becoming injured or off balance.

### Reasons to Run

Running is an easy, low maintenance sport that requires very little in the way of equipment. There is an entire industry based on the creating accessories for running but running shoes are just about the only important accessory.

There are many reasons for competitors and non-competitors to run. It is an excellent means of losing weight, restoring energy as well as allowing a certain amount of time each day that is free for thinking through serious issues in life.

There are countless health reasons to run. It is one of the most effective ways of achieving cardiovascular fitness, is excellent for the heart and has even been shown as a great way to reduce stress.

Adam Walters has been an avid runner since High School. Today you can find him running a marathon once per year and training year round in his quiet Tennessee neighborhood. To learn more about running visit Adam's Web site

today.



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