



Slow Walking: Just Walk

Chris Bore

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This book is about Slow Walking.

This is a short book with a simple theme: that walking is an end in itself.

Slow Walking is about walking for its own sake: slowly, steadily, regularly, for the rest of your life. It is about walking through the world, being in and of the world: taking the time to enjoy being there and letting yourself feel what you are doing.

Walking is back in fashion - the new fitness craze. We are all encouraged to walk more - 10,000 steps a day, to challenge ourselves, to meet the goal of distance and steps. But there is more to life than challenge, and walking is more than an exercise - it is a way of life, a way to live, to re-calibrate your life.

This book is a ramble: a slow meandering walk through walking. It is not an instruction manual or a book of walks or a walk diary: it is a slow walk through my own personal walking story, that I want to share so that you can discover - if you have not already done so - the pleasure that regular walking brings.

Slow Walking lets you focus: on what you are doing, where you are, how you feel. It lets you be there, in the moment, being active, out in the world, being part of it. It also helps you avoid injury, build a firm base of steady fitness, lose weight and enjoy the health benefits of fresh air in all weathers: but these benefits are secondary to the main point: Slow Walking is fun.

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From reader reviews:

David Musick:

Spent a free a chance to be fun activity to accomplish! A lot of people spent their free time with their family, or their very own friends. Usually they carrying out activity like watching television, likely to beach, or picnic inside park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Can be reading a book is usually option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of publication that you should read. If you want to consider look for book, may be the publication untitled Slow Walking: Just Walk can be great book to read. May be it might be best activity to you.

Lisa Knight:

Do you really one of the book lovers? If so, do you ever feeling doubt if you are in the book store? Aim to pick one book that you just dont know the inside because don't determine book by its deal with may doesn't work is difficult job because you are scared that the inside maybe not while fantastic as in the outside search likes. Maybe you answer might be Slow Walking: Just Walk why because the amazing cover that make you consider with regards to the content will not disappoint you actually. The inside or content is actually fantastic as the outside or even cover. Your reading sixth sense will directly direct you to pick up this book.

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