



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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Melinda Miller:

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Rebecca McGrew:

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