



# **The Walker Within: Forty-five Stories of Motivation and Inspiration for Walkers**

*Editors of Walking Magazine*

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At once deeply personal and refreshingly universal in focus, the stories gathered here, from the beloved back-page column of Walking magazine, address myriad topics in which walking plays a central and spiritual role in one's life. Here are poignant, inspiring, and humorous tales of walking as it encompasses special relationships with children, a parent, or a pet; a deep communion with nature (or a city landscape); grief and loss; physical and mental victories, and much more. Holly Love learns from her blind lover to experience a trail using all five senses. Ann Hood reminisces about the millions of miles she walked inside an airplane -- as a flight attendant. Ronnie Polaneczky discovers the strength to overcome the emotional pain of her miscarriage. Cameron M. Burns marvels at Tanzanians who climb Kilimanjaro wearing only sandals, while Bill Donahue marvels at his daughter's first toddle around the block. "The Walker Within" celebrates the physical strength and mobility our two legs allow us, while illuminating the immense distances our minds can travel while our legs are at work.

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