

52 Ways to Walk by Annabel Streets

I already love to walk, but this book gave me all kinds of reasons that it's good for me to walk, in ways I hadn't even imagined. The author writes from personal experience, having grown up in a walking family that didn't even own a car. Later, she was in love with her own first car and dropped walking, but discovered that she gradually acquired all sorts of "baggage," from stress and headaches to severe back pain. Then she rediscovered walking, felt much better, and began the research journey that led to this book.

The book is organized into 52 chapters in order to inspire many kinds of worthwhile walks, from walking in wind to walking barefoot. Some of the more surprising walks to me were the walks with ions, the singing walks, and the backwards walks. The title page notes that this book contains "The Surprising Science of Walking for Wellness and Joy, One Week at a Time."

The book isn't meant by the author to be read straight through necessarily, but for the reader to come back to dip into, to find new inspiration for walks that enrich life. It would be a great gift book for the walker in your life – but the best gift might be one you give yourself by reading a little or a lot of this book. Then go for a walk – or 52 of them!