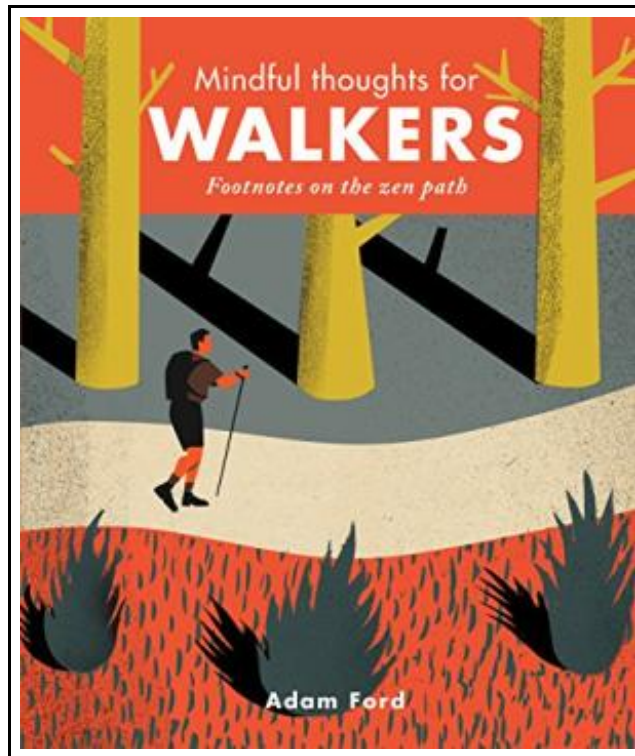


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MINDFUL THOUGHTS FOR WALKERS: FOOTNOTES ON THE ZEN PATH (HARDBACK)



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The Ivy Press, United Kingdom, 2017. Hardback. Condition: New. Language: English . Brand New Book. Mindfulness is so much more than a set of routine timed exercises; it s the transformative practice of conscious living we can nurture by being mindful of the moment. Mindful Thoughts for Walkers explores through a series of succinct meditations, how walking is an opportunity to deepen our levels of physical, and spiritual awareness. Adam Ford is an enlightening guide to how mindfulness and walking can help us face the existential questions of `Who am I? , `Where have I come from? , What am I doing here? , and `Where am I going? From a gentle daily stroll to a brisk hike across the mountaintops, this is a powerful reading companion for rural and urban walker alike.



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