



The Art of Mindful Walking: Meditations on the Path (Mindfulness)

Adam Ford

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The Art of Mindful Walking explores the activity of walking as an exercise for both body and mind. Buddhist teacher Adam Ford presents practical sections on purposeful walking, ranging from long walks in the New Territory to the simple walk to work, and reflects upon his personal experience of spirituality and understanding the world around us. This book will be essential reading for those looking to add another dimension to their observation of and interaction with the natural world.

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