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WALKING THE WALK. Walk Like a Man Windswept  
The Long Walk Home Walk This Way Tenerife Where  
the Dead Walk A Walk in the Woods The Road to  
Grace Mythogeography A Long Walk to Water The  
12-Hour Walk Rosie's Walk Walk Between Worlds  
Where God Does Not Walk The Electricity of Every  
Living Thing Billy Lynn's Long Halftime Walk Walking  
Back to Me: The Ramblings of a Wandering Widow  
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Walk with Wings Walking with Sausage Dogs The Joy  
of Walking Walk Among Us The District Nurses of  
Victory Walk (The District Nurse, Book 1) How  
Walking Saved My Life Walk the Wildly High City  
Walk The Earth Beneath My Feet Hillwalking Walk on  
by The Walk of a Lifetime Camino de Santiago

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Perfect for fans of The Salt Path and The Outrun, this book is a life-affirming exploration of wild landscapes, what it means to be different and, above all, how we can all learn to make peace within our own unquiet minds. 'A windswept tale, beautifully told' Raynor Winn - The Salt Path 'A manifesto for the value of difficult people. I loved it' Amy Liptrot - The Outrun In August 2015, Katherine May set out to walk the 630-mile South West Coast Path. She wanted to understand why she had stopped coping with everyday life; why motherhood had been so overwhelming and isolating, and why the world felt full of inundation and expectations she can't meet. Setting her feet down on the rugged and difficult path by the sea, the answer begins to unfold. It's a chance encounter with a voice on the radio that sparks a realisation that she has Asperger's Syndrome. The Electricity of Every Living Thing tells the story of the year in which Katherine comes to terms with her diagnosis. It leads to a re-evaluation of her life so far - a kinder one, which

finally allows her to be different rather than simply awkward, arrogant or unfeeling. The physical and psychological journeys become inextricably entwined, and as Katherine finds her way across the untameable coast, she also finds the way to herself. What readers are saying about *The Electricity of Every Living Thing*: 'This book showed a realistic view of how autism feels to some people, and it's explained so well' 'The astonishing sensitivity and awareness in her writing, both about the beautiful landscapes and nature around on her walks, and in relation to her family, friends and self put paid to many outdated myths about what it is like to be autistic' 'Compelling and transformative' From the New York Times bestselling author of *The Impossible First*, a compelling blend of riveting adventure stories and hard-won wisdom that teaches us how to overcome our limiting beliefs and embark on a transformative one-day journey that will unlock our best lives. Millions of people dream of living a more fulfilling life, yet many settle for a life of comfortable complacency, allowing excuses and negative thoughts to invade their minds. I don't have enough time...I don't have enough money...I'm afraid to fail...I don't have what it takes—we allow these limiting beliefs to control us. Now comes *The 12-Hour Walk*, which provides the inspiration—and catalyst—for getting unstuck and realizing your full potential. Featuring life lessons from explorer,

endurance athlete, and entrepreneur Colin O'Brady—whose adventures in such extreme places as Antarctica and the perilous Drake Passage and on the peaks of Mount Everest and K2 have seen him establish ten world records—this book's vivid narrative and powerful insight will show you how you can embark on your own life-changing journey. With Colin as your guide, *The 12-Hour Walk* asks you to invest one day in yourself. The goal? Conquering your mind and becoming your best self. By walking alone, unplugging, listening to the voice within, and rewriting the limiting beliefs etched into your psyche, you can break free of the patterns holding you back and learn how to cultivate a "Possible Mindset"—an empowered way of thinking that unlocks a life of limitless possibilities. The reward: being the hero of your own destiny.

And just like that I've a new moniker - widow. Instantly I'm exiled to a strange foreign country. What I had believed to be a lifetime visa to happiness has been revoked and it seems as if I will never get my passport back to normality.'

When Claire Russell lost her husband 10 days before Christmas, her life was torn apart. Morning rituals, shared jokes, annual traditions - the cornerstones of a life well-lived - vanished in a cruel, heartbreaking second. What to do with this newly minted but unwanted existence? How was she to regain a sense of normality in a world so irrevocably changed? Never one to do things by halves, Claire

decided to embark on an epic solo adventure - walking the Camino de Santiago de Compostela in Spain. In 300 kilometres and 12 days, she hoped to find a way back - to herself. Keira Lynch may be a lawyer, but that doesn't mean she plays by the rules. She has been summoned to give evidence against an Albanian hit man. She was there the night he murdered the mother of a five-year-old boy. She remembers it well - it was the same night he put three bullets in her chest and left her for dead. But there are powerful people who want the hit man back on the streets. When they kidnap the boy, she is given a choice: commit perjury, blow the trial and allow the killer to walk or give evidence, convict him and watch the child die. Keira must make a decision. This time, does she have to cross a line to win?

A short guide through Holy Week, linking the story of Jesus' way to the cross with themes of pilgrimage and Christian discipleship in the twenty-first century. Side-slipping genre as easily as it bends the rules of common reality, these seventeen stories interweave threads of grief and loneliness, yearnings for ages and lives lost and yet to be found, and the transformative power of love and its capacity for destruction. Lyrical, surreal, mythical or everyday, *High City Walk* spans past, present and futures. *Walk the Wildly* with Lizz Murphy in this, her fifth collection of poetry, where winter is a lumbering lantern-jawed season, spring is a baking

back, untimely frost a trollop. There are women of precise skirts, men with shipwrecked backs and locals who inspect the brash blue, foreheads strained like fence wire. Reflecting on absence and place, the sea is put aside for special occasions, the river kept for the everyday and language is slow from heat and unfinished endings. She also writes of water ancients, civilian targets and angels caught off guard. Lizz Murphy lives in the village of Binalong in rural NSW. *Walk This Way* features the best of Tenerife's walking routes written by travel writers who specialise in Tenerife and the Canary Islands. Some are well trodden favourites, others are strangers to the walking groups; lovely trails that were once the lifeline between communities and are now only used by neighbours and by cats on their morning constitutionals. The book includes: Concise and accurate directions, distances and timings for more than 30 of Tenerife's best walking routes from around the island. Grouped by geographical area, advice is given on weather conditions, types of terrain, what flora and landscapes to expect and even where to answer a call of nature in each location. Routes cover distances that vary from 1km to 17.5km with walking times varying from 1hr to 6hrs 20mins and from easy strolling to trails recommended for fit and experienced hikers only. Comprehensive information on how to get to the start of routes by car and by public transport; points



of interest, where to find refreshments and where to stay for easy access to routes. Appendices give quick reference guides to routes by a variety of criteria including length, location, time taken, terrain, family-friendly etc. And much, much more... On what should have been the biggest day of her life, Sargeant Major Scratch Keyes finds herself running for her life from the very troops she expected to command. An eight-week walking-based exercise program features targeted exercises and specialized routines designed to maximize weight loss and enable other health benefits, in a guide that includes a meal plan and tips for avoiding injury. Original. 40,000 first printing. God only knows what possessed Bill Bryson, a reluctant adventurer if ever there was one, to undertake a gruelling hike along the world's longest continuous footpath—The Appalachian Trail. The 2,000-plus-mile trail winds through 14 states, stretching along the east coast of the United States, from Georgia to Maine. It snakes through some of the wildest and most spectacular landscapes in North America, as well as through some of its most poverty-stricken and primitive backwoods areas. With his offbeat sensibility, his eye for the absurd, and his laugh-out-loud sense of humour, Bryson recounts his confrontations with nature at its most uncompromising over his five-month journey. An instant classic, riotously funny, *A Walk in the Woods* will add a whole new audience to

the legions of Bill Bryson fans. Devoted entirely to the subject of what to wear and what to carry on a Camino pilgrimage—with tips and advice on how to create a lightweight backpack so you can walk comfortably without carrying a burden on your back. Learn how to choose backpacking gear and clothing that will work best for you, the route you take, and the time of year that you'll be walking. Examine the pros and cons for difficult gear choices, like should you use a poncho, or rain jacket? water bottles or backpack hydration system? a sleeping bag, or a sleeping sheet? And what about taking a mobile phone or other tech-devices? Consider the options, and decide what works best for your journey. You'll also find a "skin-out" packing list that includes the weight of each item—including weight estimates for picnic and snack foods; and for water (because these are typically the heaviest items in your backpack). Use this comprehensive pack list as an example checklist to organize your own Camino backpack. A Camino journey can strengthen the body and refresh the soul. But to walk long distances every day you should carry as little as possible. This is the book to help you do that. At only thirteen, Mikey Quinn is arrested for stealing a rabbit to feed his family. Despite his age, he's shown no mercy by the wealthy lawyer who sends him to prison. He returns home to find that his mother has died and his younger siblings taken into

the workhouse. With only his determination, Mikey makes his way to London to seek a better life for his family. Whilst there, he meets Eleanor who he recognises as the daughter of the lawyer who ruined his life. Desperate, they band together forging a new life for themselves on the streets of London.

Overlooking their initial differences, the two come to rely on each other and, when the time comes to return to Hull, they face the long walk home together. The compelling bestseller from the author of *The Mersey Daughter* and *Winter on the Mersey*. *The Earth Beneath My Feet* is the first of two books that describe an epic 7,000-mile wilderness walk across an entire continent. Like millions of people, Andrew Terrill grew up on the edge of a big city. But for Terrill, suburban life felt predictable and crowded - the days lacked purpose and meaning. What he craved was a life of freedom, adventure and simplicity, and after nearly dying in the Swiss Alps that was the life he chose. In May 1997 he left his London home and travelled to the southernmost point of Calabria, Italy. Once there, he turned north and began walking, headed for Norway's North Cape. Leaving civilisation behind, Terrill journeyed deep into the 'other Europe', the hidden wilderness Europe that still exists beyond road's end. Hiking from the Apennine mountain range - a wild side of Italy few outsiders ever know - to the vast northern wildernesses of Arctic Norway, Terrill immersed

himself in the natural world, forever seeking a deeper connection with it. The 18-month journey became a voyage of discovery, unveiling the secrets and treasures of Europe's least-known places. The miles brought hardships and struggles, pushed Terrill to his limits, but ultimately led to unimaginable rewards. The Earth Beneath My Feet covers the journey's first eight months, taking readers the entire length of Italy during a searing-hot summer, and across Austria into the depths of an Alpine winter. It is a compelling tale of adventure told with freshness, optimism, wonder and youthful enthusiasm - an inspiring true story of a young man who chose to embrace life and live it to the full. Shattered by the sudden loss of his wife, home and business, once-successful advertising executive Alan Christoffersen embarks on a cross-country backpacking journey during which he meets people who help him to gain profound spiritual understandings. Reprint. Walk With Wings by Tene Edwards is a poetry collection split into five chapters: Monsoon Love, Winter Sorrow, Autumn Grace, Spring Resilient, and Summer Freedom. In short, poignant verses, Tene's poems are a compilation of reflections on her experiences, thoughts, and feelings through love, loss, pain, healing and resilience. The collection takes you through the life story of the author while offering advice, notes, and affirmations, which were written

to empower the author during difficult times. Walk With Wings tells the story of Tene falling in love, making bad decisions, learning from her mistakes, and discovering how to love her life and herself. THE WESTERN FRONT, JULY 1918. Gregor Reinhardt is a young lieutenant in a stormtrooper battalion on the Western Front when one of his subordinates is accused of murdering a group of officers, and then subsequently trying to take his own life. Not wanting to believe his friend could have done what he is accused of, Reinhardt begins to investigate. He starts to uncover the outline of a conspiracy at the heart of the German army, a conspiracy aimed at ending the war on the terms of those who have a vested interest in a future for Germany that resembles her past. The investigation takes him from the devastated front lines of the war, to the rarefied heights of Berlin society, and into the hospitals that treat those men who have been shattered by the stress and strain of the war. Along the way, Reinhardt comes to an awakening of the man he might be. A man freed of dogma, whose eyes have been painfully opened to the corruption and callousness all around him. A man to whom calls to duty, to devotion to the Fatherland and to the Kaiser, ring increasingly hollow... PRAISE FOR THE GREGOR REINHARDT SERIES 'Gritty and atmospheric - a new Luke McCallin novel is a cause for celebration' - William Ryan 'Let's not mince

words: historical thrillers don't come any better' - Financial Times 'Reinhardt is a terrific creation' - Times (Book of the Month) 'What makes the book terrific is the humanity and hope that shine through even the darkest of scenes' - The Herald 'Assiduous research, often beautiful writing, and an engaging protagonist whose melancholy cynicism seems just right for the time and place' - David Downing 'A compelling, addictive narrative... Superlative' - CJ Carver The remarkable true story of one man's inspiring journey through his 3,000 mile walk across the country 'A great and inspirational read' MATT HAIG, bestselling author of Reasons to Stay Alive 'Inspiring' INDEPENDENT 'An uplifting and inspirational journey through raw emotion' RAYNOR WINN, bestselling author of The Salt Path AS SEEN ON BBC BREAKFAST \_\_\_\_\_ Jake Tyler had forgotten how to feel alive. With only a pair of boots and a backpack, he set off on a 3000-mile walk around Britain - along coastal paths, over mountains, through every national park. His journey became his road to recovery. On it he rediscovered the British landscape, the extraordinary kindness of strangers and most importantly, his place in the world. This is his inspiring story, away from the wild edge. \_\_\_\_\_ 'Jake you have changed people's lives . . . we are all fans!' Chris Evans, Virgin Radio 'An incredible journey, an inspirational memoir . . . beautiful' Zoe Ball, BBC Radio 2 'Inspiring . . . It's something that

will help many through these dark times' Bryony Gordon 'This book is a tonic. Until we can all get out and explore Britain's beauty for ourselves again, this is the ideal substitute' Mirror 'So compelling in his honesty . . . very poignant' Express 'A tale told with courageous honesty. There's much to learn here about how reconnecting with nature and trusting others can rekindle the joy of being alive' BBC Countryfile 'A testament to the power of human connection, this is a physical and mental journey to inspire hope even in the darkest of times' National Geographic NOW A MAJOR MOTION PICTURE BY OSCAR-WINNING DIRECTOR ANG LEE Billy Lynn is home from Iraq. And he's a YouTube sensation. Tonight, with the nation's eyes on him, Billy steps out onto the field at the Dallas Cowboys' Thanksgiving football game. Tomorrow, he must go back to war. When the Sudanese civil war reaches his village in 1985, 11-year-old Salva becomes separated from his family and must walk with other Dinka tribe members through southern Sudan, Ethiopia and Kenya in search of safe haven. Based on the life of Salva Dut, who, after emigrating to America in 1996, began a project to dig water wells in Sudan. By a Newbery Medal-winning author. "For some, ghosts are no more than the wounds loved ones leave in their wake, haunting the living only with their absence. Others take a more literal view ... Kate Bennett, presenter of paranormal

investigation cable TV show, Where the Dead Walk, isn't sure what she believes, other than she seems cursed to lose all those closest to her. After investigating a neglected cliff-top house, empty for a decade because it's haunted, Kate is left convinced a spirit within holds the answers to a childhood she can't remember and an unimaginable crime. What she can't know is that the house's owner, Sebastian Dahl, is searching for something too, and he intends to get it, whatever the cost."--Amazon. Fans of Jodi Picoult, Mitch Albom and Alice Sebold will love this truly captivating story, written with such depth of emotion and full of both heartbreak and hope by Richard & Judy bestselling author Catherine Ryan Hyde. 'A work of art...enchanted' -- San Francisco Chronicle 'Surprisingly wonderful' -- Mirror 'Well written and compelling' -- \*\*\*\*\* Reader review 'I could not put it down. Absolutely loved it' -- \*\*\*\*\* Reader review 'Absolutely wonderful' -- \*\*\*\*\* Reader review 'Loved it - and I want more...!' -- \*\*\*\*\* Reader review \*\*\*\*\*

\*\*\*\*\* ONE SUMMER - ONE LIFE CHANGING JOURNEY... Carly and her little sister Jen are walking. Something terrible has happened. Something that has left Carly in charge, her faith in humanity shattered. She knows they need help but she is terrified of her sister being taken away from her. All they have is each other. Carly wants them to find their way back to the last person she knew she



could trust - their stepfather. But Jen holds a secret about him which, if she's telling the truth, will put them both at far more risk than they could imagine... Ever since Charlotte Taylor was a little girl she's wanted fame and fortune. She sings with the voice of an angel and is soon plucked out of obscurity and launched into the limelight as the overnight sensation 'Lola'. Charlotte attends wild celebrity parties and moves in circles with the rich and famous, but the people living the life of celebrity aren't all she imagined them to be and neither is her life. Struggling to find the real Charlotte again she battles against the crazy life she's thrust into, desperately trying to swim to the surface.

Trekking 500 miles on the ancient Camino de Santiago was not just an item for Russ Eanes to check off his bucket list. It was a journey he had dreamed of taking for decades. At age 61, with his children grown, he was too young to retire but wise enough to know that he needed to reorient the hurried pace of his life. He left his work and took a sabbatical to "reset" himself and the first step was to head to the Camino. With everything he needed in a 16-pound pack and, equipped with a set of seven simple principles, he took off from St. Jean Pied de Port, France, to walk, as pilgrims have for twelve centuries, across Spain, to realize his dream. It was the Walk of a Lifetime. In a style that is part personal memoir and part travel memoir, he

combines history, spirituality, coffee, culture and humor into an engaging journey of personal rediscovery. Just like the best walks, *The Joy of Walking* takes you on a journey with lots to surprise and enjoy along the way. Through the best of classic writing, this inspiring anthology shows how the simple act of walking goes to the heart of life itself. Part of the Macmillan Collector's Library; a series of stunning pocket size classics, this edition is edited and introduced by Suzy Cripps. Whether walking through awe-inspiring countryside or weaving your way through crowds in the hustle and bustle of great cities, we take thousands of steps a day. Finding meaning in movement can be difficult in today's frenetic world. This may seem like a modern problem, but putting one foot in front of the other is something that authors have been writing about for centuries. Some like Gaskell, Wordsworth and Whitman extol the virtues of walking in the countryside, be it on one's own connecting with nature or as the means to really good conversation with friends. Others like Dickens and E. M. Forster explore the thrill and dangers of moving about the city, by day or by night. In *The Joy of Walking* you'll find a wealth of essays, poetry and fiction celebrating and exploring the joy of walking. The story of extraordinary women who lost their way - their sense of self, their identity, their freedom - and found it again through walking in the wild. 'Moving

and memorable' Virginia Nicholson, author of *How Was It for You?* 'A triumph ... I felt as though I were being lifted, carried up to peaks' Charlotte Peacock, author of *Into the Mountain: A Life of Nan Shepherd* 'A beautiful and meditative memoir' Publishers Weekly

For centuries, the wilds have been male territory, while women sat safely confined at home. But not all women did as they were told, despite the dangers; history reveals women for whom rural walking became inspiration, consolation and liberation. In this powerful and deeply inspiring book, Annabel Abbs uncovers women who refused to conform, who recognised a biological, emotional and artistic need for wilderness, water and desert - and who took the courageous step of walking unpeopled and often forbidding landscapes. Part wild-walk, part memoir, *Windswept* follows an exhilarating journey from Abbs's isolated, car-less childhood to her walking the remote paths trodden by extraordinary women, including Georgia O'Keeffe in the empty plains of Texas and New Mexico, Nan Shepherd in the mountains of Scotland, Gwen John following the Garonne, Simone de Beauvoir in the mountains and forests of France and Daphne du Maurier along the River Rhone. A single question pulses through their walks: How does a woman change once she becomes windswept? *Walking to Hollywood* is a dazzling triptych - obsessive, satirical, elegiac - in which Will Self burrows down

through the intersections of time, place and psyche to explore some of our deepest fears and anxieties with characteristic fearlessness and jagged humour. 'Very Little' is ostensibly the account of a curative journey to Canada and the USA, but in fact the record of a nematode's progress, as the worm of obsession - with scale and packing and the 'stuff' of our lives - bores through a mind in extremis. 'Walking to Hollywood' is an extreme satire on celebrity, in which the narrator believes that everyone he meets is played by a famous actor, and that only he can solve the mystery of who murdered the movies. 'Spurn Head' leads Self to a tormented sojourn with a madman whose house is sliding over the edge of a cliff, to a game of checkers with Death, and finally to an encounter with one of Swift's immortal Struldbruggs and a march through a tear in time itself. In Walking to Hollywood Will Self pushes memoir to the limits of invention. Ahalya Ghai and her younger sister Sita are as close as sisters can be. But their loving and secure childhood ends abruptly one day when a tsunami rips through their village on India's Coromandel coast. Their home is swept away, and Ahalya and Sita are the sole survivors of their family. Destitute, their only hope is to find refuge at a convent in Chennai, many miles away. A driver agrees to take them. But the moment they get into that car their fate is sealed. The two sisters - confused, alone, totally reliant on

each other - are sold. Worse, they are separated. On the other side of the world, Washington lawyer Thomas Clarke is struggling to cope after the death of his baby daughter and the collapse of his marriage to Priya. He takes a sabbatical from his high-pressure job and accepts a position with the Bombay branch of an international anti-trafficking group. Thomas is now on a path that not only involves saving himself and his marriage, but the lives of two sisters who cannot bear to be apart. Spanning the globe, *A Walk Across the Sun* is an unforgettable tale of the transformative power of love, even in the face of unimaginable obstacles. One of the most popular role-playing properties in the world gets new life with this trio of horror novellas set in *Vampire: The Masquerade's World of Darkness* by three brilliant talents: Genevieve Gornichec, Cassandra Khaw, and Caitlin Starling. The subtle horror and infernal politics of the *World of Darkness* are shown in a new light in *Vampire: The Masquerade: Walk Among Us*, an audio-first collection of three novellas that show the terror, hunger, and power of the Kindred as you've never seen them before. In Genevieve Gornichec's *A SHEEP AMONG WOLVES*, depression and radicalization go hand-in-hand as a young woman finds companionship in the darkness... In Cassandra Khaw's *FINE PRINT*, an arrogant tech bro learns the importance of reading the fine print in the contract

for immortality... And in Caitlin Starling's THE LAND OF MILK AND HONEY, ideals and ethics bump heads with appetite on a blood farm. Three very different stories from three amazing, distinct voices, but all with one thing in common: the hunger never stops, and for someone to experience power, many others are going to have to feel pain. This book will show you how the simple, often under-rated activity of walking can transform your life. I stumbled into walking when I was at University in Scotland, encouraged by a best friend whose family had always walked. I loved the feeling of freedom that it gave me and the chance to explore all the wonderful countryside around me, but I never thought that it would ever play such an important part in my life. It has, in fact, saved my life on a few occasions. In 1999 I was training to do a walk along the Great Wall of China for a charity where I was Head of Education. I was also being bullied and it was my regular walk training escapes to the Lake District that put things into perspective and helped me see what was really important. Then in 2005, we had to abandon a family holiday in Spain due to an acute back problem I sustained turning on a sun-lounger. I felt there was a message in this disaster regarding me not looking after myself, so once home I started walking. Not only did the back issue sort itself but I discovered many of the great benefits that walking brings and lost weight, toned up, was constantly in a

much better mood, more positive and glowing ..... and others noticed. However, the greatest impact came in 2014 when the power of walking and the nature in which I love to walk, played a major role in my recovery from burnout and adrenal fatigue. Still today it is walking that keeps me on track, connected and putting me first. It doesn't matter whether you walk short or long distances. Whether you walk alone or with others. It doesn't matter where you walk, be it urban, rural or in wild mysterious places. What matters is that at any level most of us can do this and we can reap the many benefits both physically and mentally. This is the gloriously funny and endlessly fascinating account of the author's recent journey on foot across the north of England in the footsteps of a man who made the same journey 100 years ago with a dog troupe called Pontiflunk. The Fox is after Rosie, but Rosie doesn't know it. Unwittingly, she leads him into one disaster after the other, each funnier than the last. To enjoy Rosie's walk as much as Rosie does, just look inside! A WALK IN THE PARK is a Sunday Times bestseller by Jill Mansell, not to be missed by fans of Lucy Diamond and Milly Johnson. Reviewers love Jill's books: 'Glorious, heartwarming, romantic'

Woman & Home It's been a while, but Lara Carson's back in Bath and lives are set to change as a result. Because Lara left her family and boyfriend Flynn eighteen years ago without a word to anyone. Why

has no one heard from her since? Her childhood best friend Evie is thrilled Lara's back and able to share her happiness. Evie's about to walk down the aisle with her dream man, Joel. Or so she thinks... Then there's Flynn Erskine, even more attractive now and stunned to see Lara again. The spark between them is as strong as ever, but how's Flynn going to react when he discovers the secret she's been keeping from him? Oh yes, there's a lot of catching up to be done... What readers are saying about *A Walk In The Park*: 'Big and bold characters fill the page with colour, warmth and humour. I didn't want to put it down or for the story to end' Goodreads reviewer, 5 stars 'I love all of Jill Mansell's books and this is no exception. This is definitely a laugh-out-loud book - entertaining, funny, sad in places and uplifting' Amazon reviewer, 5 stars 'Vivid and realistic... I still linger on the wonderful story' Goodreads reviewer, 5 stars

Amraj "AJ" Rai was born into two worlds: one as a first-generation UK Punjabi Sikh, the other as a disabled child. From the onset, his parents were told that their eldest child would not amount to much in life due to his limited physical ability. Based on the real-life events of Amoj Raju, *Walk Like a Man* follows the trials and tribulations of navigating a world not designed for disabled people. In Amoj's case, it led to a hidden life of depression. Amoj has battled societal norms as a disabled man to make his place in the



world. He has overcome many obstacles and assumptions thrown at him, and he has made a real difference to the community around him. *Walk Like a Man* is co-authored by Mani Hayre, a writer who helped bring Amo's story to life through the eyes of our main protagonist AJ. AJ has his own yet very similar path, and in this semi-autobiographical book, you will walk right beside him facing no end of challenges in a life filled with meaning and purpose. One morning in 2011, Libby DeLana stepped outside her New England home for a walk. She did the same thing the next day, and the next. It became a daily habit that has culminated in her walking over 25,000 miles - the equivalent of the earth's circumference. In *Do Walk*, Libby shares the transformative nature of this simple yet powerful practice. She reveals how walking each day provides the time and space to reconnect with the world around us; process thoughts; improve our physical wellbeing; and unlock creativity. It is the ultimate navigational tool that helps us to see who we are - beyond titles and labels, and where we want to go. With stunning photography, this inspiring and reflective guide is an invitation to step outside, and see where the path takes us. *Hillwalking* is an indispensable guide to the skills required for summer hill walking and is a major reference book for those who wish to lead groups in the UK and Ireland. It is the official handbook for Mountain

Training's walking schemes. This fully updated third edition covers every aspect of walking in the hills, from clothing and equipment to access and the environment. It also covers camping, route finding and navigation, the weather, party management, hazards and risk management, and incidents and first aid. The book contains new information about access to the hills and advice for leaders working with people with disabilities. The navigation section has also been expanded to include major updates about digital mapping and GPS devices in this increasingly technological age. Written by International Mountain Guide Steve Long with contributions from staff at the National Mountaineering Centre Plas y Brenin, Hillwalking is endorsed by the British Mountaineering Council, Mountaineering Council of Scotland and Mountaineering Ireland. The publisher, Mountain Training, recently celebrated its 50th anniversary and currently oversees 13 skills and leadership schemes in walking, climbing and mountaineering.

Keeping pets is a lovely idea. When building a family, they complement the kids. But what happens when things get out of hand? For writer and house husband, Matt Whyman, it's a case of catastrophe management in coping with four children and all the ill-advised animals amassed by his career wife, Emma. Just as Matt gets to grips with managing her two maxed out minipigs, she falls for a miniature

Dachshund - the kind of dog he wouldn't be seen dead with. Hercules isn't big or clever, but Emma is determined. She'll do everything, she promises... From the author of Pig in the Middle The heart-warming and uplifting Sunday Times bestseller from Giovanna Fletcher that will sweep you away this summer 'Beautifully written, heartbreaking and uplifting' 5\*\*\*\*\* READER REVIEW 'Lovely, very moving. Giovanna's books are very very relatable' LORRAINE KELLY 'Filled with love, sadness, friendship, family and truth! Giovanna brings her characters to life' 5\*\*\*\*\* READER REVIEW 'This book is beautiful' ZOE BALL It's always darkest before the dawn . . . \_\_\_\_\_ After Mike loses Pia, his partner of seventeen years, best friends Vicky and Zaza rally round. But the truth is, in Pia's absence, they all need more than a little help . . . Just-engaged Zaza fears the next step. Mum Vicky has lost sight of herself. And Mike can't figure out how to start again. Luckily, Pia left a list of loving instructions to help them cope. Which is why they find themselves trekking in Peru. Stumbling up mountains. Lost in sweltering rainforests. As friendships and hope fray, they cling to their faith in Pia. Soon they learn anything is possible when you're walking on sunshine. \_\_\_\_\_ 'Such a warm and captivating read. I laughed out loud, I cried and also found myself nodding at times. Thank you Giovanna!' 5\*\*\*\*\* READER REVIEW 'Heartfelt, uplifting. Her best

yet' SUN 'A heartening story of love, loss and friendship. Giovanna's books give you that warm fuzzy feeling' 5\*\*\*\*\* READER REVIEW Praise for Giovanna Fletcher: 'Tons of charm and genuine warmth' Star 'A heartbreakingly beautiful story about friendship and unrequited love. I was totally and utterly captivated' Paige Toon 'A gorgeous, gloriously romantic read with buckets of charm - I absolutely loved it!' Jill Mansell 'Warm and romantic, this charming read will certainly brighten up your day' Closer 'A gorgeously tender, funny and big-hearted novel with wonderful characters you'll fall in love with' Miranda Dickinson 'Wonderfully warm and cosy. The perfect comfort read to curl-up with and enjoy' Ali McNamara

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