



# Walking the World: Memories and Adventures

*Alan Cook*

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## **Walking the World: Memories and Adventures** Alan Cook

Named one of the "Top 10 Walking Memoirs and Tales of Long Walks" by the walking website, walking.about.com. "As Tolkien said, not all who wander are lost. Alan Cook is a walker who is always on the Road to Somewhere. (He) inspires us walkers to get moving on our own adventures. My chief reaction to the book is jealousy. I want to lace up my walking shoes and go exploring."—Wendy Bumgardner, Walking Guide at walking.about.com. Walking the World: Memories and Adventures elevates the act of walking from something we do every day without thinking about it to a means for putting more fun and excitement into our lives. And we can become healthier, at the same time. Whoever said, "No pain, no gain," was out to lunch. Whether the subject is learning to walk, walking safely, finding interesting places to walk throughout the world, climbing mountains or taking long walks, Alan Cook writes about it with wit and humor. The book gets exciting when he tells about getting lost in the wilderness of Colorado, and stories of his three long walks (the California coast, Los Angeles to Denver and the British End-to-End) and Ethan Loewenthal's walk of the Appalachian Trail will make you want to get off your couch and follow their routes.

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Playing with family within a park, coming to see the coastal world or hanging out with good friends is thing that usually you may have done when you have spare time, then why you don't try thing that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you have been ride on and with addition of information. Even you love Walking the World: Memories and Adventures, you may enjoy both. It is great combination right, you still desire to miss it? What kind of hang type is it? Oh can happen its mind hangout men. What? Still don't get it, oh come on its called reading friends.

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