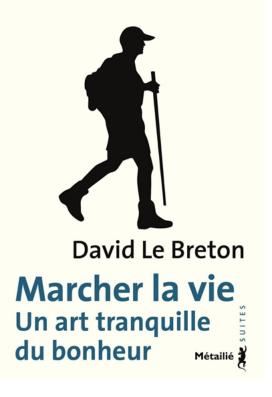
## BOOKS FRANCE



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## Walking for Life A Tranquil Way to Happiness

Author: David Le Breton

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Eight years after *Walking* and twenty years after *In Praise* of *Walking*, Le Breton revisits the pleasures and meaning of walking, revealing its healthful effects for rejuvenating the soul in our technological world.