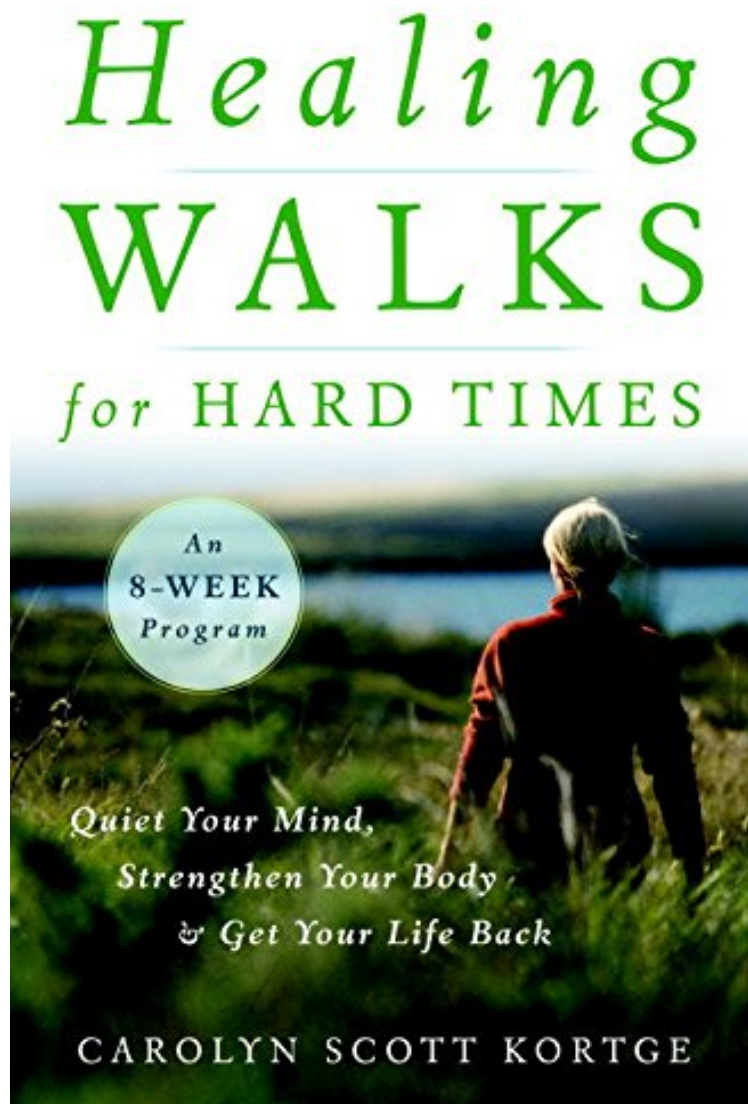


[Read free ebook] Healing Walks for Hard Times: Quiet Your Mind, Strengthen Your Body, and Get Your Life Back

## Healing Walks for Hard Times: Quiet Your Mind, Strengthen Your Body, and Get Your Life Back

*Carolyn Scott Kortge*  
audiobook / \*ebooks / Download PDF / ePub / DOC



 Download

 Read Online

#700224 in Books Trumpeter 2010-08-10 2010-08-10Original language:EnglishPDF # 1 8.99 x .61 x 6.02l, .83 #File Name: 1590307402208 pagesShips from Vermont | File size: 72.Mb

**Carolyn Scott Kortge : Healing Walks for Hard Times: Quiet Your Mind, Strengthen Your Body, and Get Your Life Back** before purchasing it in order to gage whether or not it would be worth my time, and all praised Healing Walks for Hard Times: Quiet Your Mind, Strengthen Your Body, and Get Your Life Back:

7 of 7 people found the following review helpful. Healing Walks By Cindy Bellinger This is a most encouraging book. No matter what you're going through--mental, emotional or physical anguish--the author is right there with you, helping you find the time, the rhythm, the momentum for walking as part of your healing. 1 of 1 people found the following review helpful. Motivating and new ideas By Flower Garden I enjoyed the book. It added a new aspect to walking meditation. I love to walk but adding the tips from the book, my walk is more relaxing. I would encourage anyone that finds walking boring to read this book and try the techniques it offers. 9 of 10 people found the following review helpful. A book for everyone By Catherine K. Howard I ordered this book and was thrilled to read it. I can identify with some of the people and conditions the author uses. Her reasons and methods of walking made sense and were easy to do. I'm so glad I bought this book and have shared it with my therapist who is also ordering this book for her clients.

Sometimes lifes hurdles literally stop us in our tracks, sapping vitality and preventing us from participating fully in our own lives and the lives of those we love. Carolyn Scott Kortge recognizes that a key to joyous re-engagement with the world can be just as literally to get moving again. With a focus on walking for wellness, Kortge outlines a compassionate, practical program for navigating your way through lifes physical, emotional, and spiritual hard times. Within the supportive framework of this eight-week walking program you set your own pace, taking steps that restore a sense of balance and order, even if youre weighed down by the lethargy and loss of control that often accompany illness, depression, or trauma. Discover how to link mental focus with physical movement to create healing periods of stress release. Learn to match your steps with meditation in a way that clears a path through confusion. Move forward, literally, both in good times and in tough ones, with mental and physical steps that lead you away from fear or stress and guide you toward wellness and peace. Engage in a path to recovery that attends to not just the physical, but also acknowledges healing as an emotional, spiritual, and mental journey a journey of survivorship.

Few things are as healing as a good walk. I heartily endorse Healing Walks for Hard Times. Christiane Northrup, MD, author of Womens Bodies, Womens Wisdom Courageous, compassionate, and compelling, this wise guide to the healing power of walking elegantly demonstrates how simple steps can offer profound benefits. Carol Krucoff, author of Healing Yoga for Neck and Shoulder Pain Reading Healing Walks for Hard Times is like travelling with a wise mother who understands the depths of anguish that can visit a life, but also has a literal and metaphoric road to healing thats available to all of us. Carolyns advice is practical, lucid, and speaks to every aspect of our lives. Dan Shapiro, PhD, author of Moms Marijuana A jewel of a book for anyone who is seeking a healing balm. [Kortge] delivers thoughtful treatments on the value of cognitive override in the battle against inertia, integrating mindfulness into your walks, the importance of silence during exercise, maintaining discipline, the value of self talks, the connection between wellness and movement, and the impact of walking on aging. Spirituality Practice About the Author Carolyn Scott Kortge is an award-winning journalist, a former competitive race walker, and a cancer survivor. Kortge's Walking Well program has been presented at medical centers, wellness events, survivor conferences, and health resorts and spas across the country. She is the author of The Spirited Walker: Fitness Walking for Clarity, Balance, and Spiritual Connection.