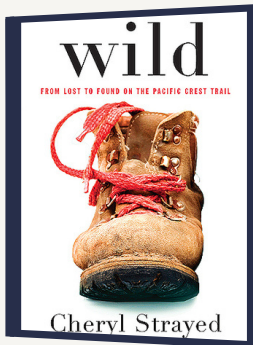


#THISMORNINGWALK

Recommended Reading List

Books to inspire your MorningWalk practice

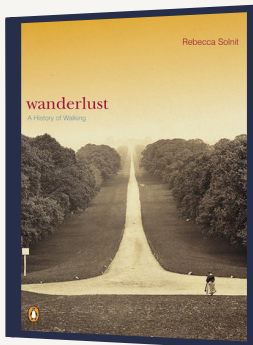


Wild

by Cheryl Strayed

"How wild it was, to let it be."

"At twenty-two, Cheryl Strayed thought she had lost everything. In the wake of her mother's death, her family scattered and her own marriage was soon destroyed. Four years later, with nothing more to lose, she made the most impulsive decision of her life. With no experience or training, driven only by blind will, she would hike more than a thousand miles of the Pacific Crest Trail from the Mojave Desert through California and Oregon to Washington State — and she would do it alone."

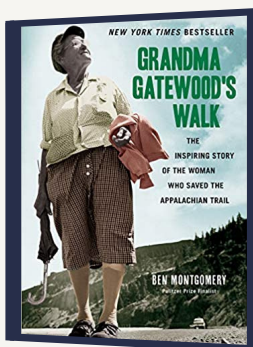


Wanderlust

by Rebecca Solnit

"Find what you don't know you are looking for."

"This volume provides a history of walking, exploring the relationship between thinking and walking and between walking and culture. The author argues for the preservation of the time and space in which to walk in an ever more car-dependent and accelerated world."



**Grandma Gatewood's
Walk**

by Ben Montgomery

"The sum of the whole is this: Walk and be happy; Walk and be healthy."

"Grandma Gatewood, as the reporters called her, became the first woman to hike the entire Appalachian Trail alone, as well as the first person—man or woman—to walk it twice and three times. Gatewood became a hiking celebrity and appeared on TV and in the pages of Sports Illustrated. The public attention she brought to the little-known footpath was unprecedented. Her vocal criticism of the lousy, difficult stretches led to bolstered maintenance, and very likely saved the trail from extinction."



www.ThisMorningWalk.com