



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

Carolyn Scott Kortge

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Sometimes life's 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 life's 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 you're 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.

To learn more about the author, visit her website at walksthatheal.com.

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