



## Deep Walking: : A New Pathway to Health for Body and Mind (Paperback)

By R J Hobson

Createspace, United States, 2013. Paperback. Book Condition: New. 203 x 133 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.Deep Walking is a book written to encourage people to engage in a holistic walking program for better health. Laden with current research statistics it demonstrates how changing forces in our culture including poor diet and increased inactivity are putting all of us at risk for serious diseases which deprive us of lives of longer duration and good quality. The numbers of overweight and sedentary people in the world who eat unhealthful foods laced with sugar, salt, and fats and who choose physically inactive forms of work and entertainment generated in part by the new techno/gadget culture are growing exponentially. The result is an epidemic of diseases which range from compulsive/addictive disorders to diabetes, from severe obesity to deadly cancers, all of which threaten not only to steal the quality of our lives today but to end them prematurely tomorrow. Deep Walking takes walking to the next level. It not only provides the reader with evidence for the harm caused by our increasingly inactive lifestyles but presents specific recommendations for how we can engage in a life-long walking...



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### Reviews

*This book is definitely not straightforward to get started on studying but extremely exciting to read. It is really simplistic but shocks in the 50 percent of the ebook. Once you begin to read the book, it is extremely difficult to leave it before concluding.*

-- **Ally Reichel**

*This publication is amazing. It is definitely basic but shocks in the fifty percent of your publication. You wont feel monotony at anytime of your own time (that's what catalogues are for concerning if you question me).*

-- **Prof. Kirk Cruickshank DDS**

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HarperCollins Publishers Inc, United States, 2016. Paperback. Book Condition: New. Reprint. 203 x 135 mm. Language: English . Brand New Book. An international bestseller, Barbara Coloroso s groundbreaking and trusted guide on bullying-including cyberbullying-arms parents and teachers with real solutions for a...



### **Hope for Autism: 10 Practical Solutions to Everyday Challenges (Paperback)**

Seaborough Enterprises Publishing, United States, 2015. Paperback. Book Condition: New. Initial ed.. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Hope for Autism: 10 Practical Solutions to Everyday Challenges, provides answers to the many questions...



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Createspace Independent Publishing Platform, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. Merry Xmas! Your kid will love this adorable Christmas book with a lot of interesting tales and...



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Createspace, United States, 2015. Paperback. Book Condition: New. 203 x 127 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*. 400+ Funny Jokes for Kids! Are you looking for a fun book to keep the kids entertained and happy? This funny...