



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

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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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