



# The Healing Power Of Walking: Facts That Will Knock Your Socks Off!

*Natalie Johnson*

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If walking is something that is incredibly important, you would not know of it from then on. While babies are praised and encouraged to walk, adults whine and sigh inwardly at the prospect of walking a few blocks to go to school, to work, or to pick up their laundry at the local cleaners. People invented round feet to do the walking for them—wheels on bicycles, motorbikes, cars, and all sorts of automobiles used in public transport. It seems that everybody has forgotten the joys they had when they first walked, and now even more so! People have thus invented door-to-door deliveries, so that you would not even have to get on your bike, car, or the bus. People have come to the point when even the thought of standing up from the couch or the computer makes them whine and sigh. This book will bring back all the glory that comes with walking that has been lost through the ages. In a world with so many complex diseases and conditions now plague mankind, requiring so many complicated modes of treatment, it seems oddly humbling to know that something as simple as putting one foot forward after another is the answer to good health. May this book enlighten you in ways that most of society seems to have forgotten!

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