



Born to Walk: The Transformative Power of a Pedestrian Act

Dan Rubinstein

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The case for getting back on our feet

The humble act of putting one foot in front of the other transcends age, geography, culture, and class, and is one of the most economical and environmentally responsible modes of transit. Yet with our modern fixation on speed, this healthy pedestrian activity has been largely left behind.

At a personal and professional crossroads, writer, editor, and obsessive walker Dan Rubinstein travelled throughout the U.S., U.K., and Canada to walk with people who saw the act not only as a form of transportation and recreation, but also as a path to a better world. There are no magic-bullet solutions to modern epidemics like obesity, anxiety, alienation, and climate change. But what if there is a simple way to take a step in the right direction? Combining fascinating reportage, eye-opening research, and Rubinstein's own discoveries, *Born to Walk* explores how far this ancient habit can take us, how much repair is within range, and guarantees that you'll never again take walking for granted.

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Playing with family within a park, coming to see the coastal world or hanging out with good friends is thing that usually you may have done when you have spare time, subsequently why you don't try issue that really opposite from that. A single activity that make you not sense tired but still relaxing, trilling like on roller coaster you already been ride on and with addition associated with. Even you love Born to Walk: The Transformative Power of a Pedestrian Act, it is possible to enjoy both. It is great combination right, you still would like to miss it? What kind of hang-out type is it? Oh seriously its mind hangout people. What? Still don't understand it, oh come on its called reading friends.

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to be your new friend when you're truly feel alone and confuse in what must you're doing of the time.

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