



## FACT SHEET

**Susan Sommers**

### **THE MAGIC OF WALKING: YOUR GUIDE TO A BALANCED, PURPOSEFUL LIFE**

By Susan Sommers

**The Magic of Walking: Your Guide to a Balanced, Purposeful Life** is part memoir and part walking strategies and tools. Author Susan Sommers takes us on an incredible journey that started in June, 2020, when she decided to virtually walk the 778 kilometre el Camino de Santiago during the COVID-19 pandemic. For four months, Sommers walked 15,000 steps a day in Toronto, through neighbourhoods, ravines, paths and waterfront beaches. She completed the trail one month shy of her 76<sup>th</sup> birthday and received a medal from the Conqueror Event Series. Being in nature through different seasons helped Sommers create a deeper understanding of herself and her resilience, as she challenged herself and soothed her own stress. Along the way, she fell in love with photography and documented her journey with words and pictures, which she shared with her Facebook community and included in her new book.

“...the more I walked, the more I realized that this wasn’t about goals, or the performance, or the outcome... It was about the journey and gaining an awareness of my physical, mental, and spiritual connections... the el Camino de Santiago challenge taught me to see the world in a new way, full of beauty, excitement, peace and endless possibilities.” Susan Sommers, **The Magic of Walking: Your Guide to a Balanced, Purposeful Life**.

#### **How to Use This Book**

**Write It:** Create a walking and gratitude journal

**See It:** Create a print or online vision board

**Snap it:** Use photography to capture pictures of the places, things and people who inspire you

**The Magic of Walking: Your Guide to a Balanced, Purposeful Life** is a simple and easy-to-use guide divided into five parts that covers everything from walking to



prepare for races, walk and talk therapy, walking meditations and walk meetings to forest bathing and walkable communities.

Part 1: Walking for Physical Activity

Part 2: Walking for Mental Clarity and Emotional Strength

Part 3: Walking for Spiritual Strength and to Connect with Nature

Part 4: Journaling Ideas and Vision Board Ideas for Physical, Mental and Spiritual Walking Success

Part 5: Self-assessment tools, exercises, and quizzes, created by the University of Toronto Department of Kinesiology and Physical Education.

### **About the Author**

Susan Sommers is the co-author of two successful books for women on physical fitness and health: **Power Source for Women: Proven Strategies, Tools, and Success Stories for Women 45+** and **Love Your Body...Embrace Your Life!** She has completed 35 walk races, including two 7 ½ hour Marathons, since she turned 59.

Available through

[Power Source for Women](#) and [Caversham Booksellers](#), e-book version available through [Amazon.com](#)

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