



## For Immediate Release

**Susan Sommers**

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

#### **FOR IMMEDIATE RELEASE**

**Toronto, ON (June 1, 2021)** – Just in time for summer, author, wellness speaker and mentor Susan Sommers releases her third non-fiction health and fitness book, **THE MAGIC OF WALKING: YOUR GUIDE TO A BALANCED, PURPOSEFUL LIFE**. Inspired by her own journey completing the 778km el Camino de Santiago virtual challenge during the COVID-19 pandemic, Sommers created the ultimate walking resource and memoir for women of all ages.

“With the continued stress of the pandemic, walking is an ideal way for women to care for their health,” said Sommers. “I wrote this book to provide a variety of strategies and tools for all types of walking at every age and stage of life, for physical fitness, mental clarity and spiritual strength.”

For everyone from newbies to seasoned walkers, **THE MAGIC OF WALKING: YOUR GUIDE TO A BALANCED, PURPOSEFUL LIFE** is a clear, step by step guide explaining how to cultivate and embrace a walking practice. Through her vast experience, Sommers illustrates the powerful and positive impact walking can have on our physical, mental, and spiritual wellness coupled with evidence-based strategies and tools from the University of Toronto Department of Kinesiology and Physical Education and [The Art of Living Foundation](#).

As a seasoned walker in over 35 run/walk races since she turned 59, Sommers is once again participating in this year’s [Run for Women](#), with her first [Power Source for Women Team](#). As Women's College Hospital's signature fundraising event, Run for Women raises funds for the Women's Mental Health Programs



they provide - especially during COVID 19. Susan's new book shares messages of inspiration that help women to discover the power of exercise to support their mental health.

### **About Susan Sommers**

SUSAN SOMMERS is a dynamic walking and wellness advocate. Her vision for physical and mental fitness emerged from her own struggles with weight and body image. Sommers is the co- author of two other successful books on women, health, fitness, and spirituality: **Power Source for Women: Proven Fitness Strategies, Tools, and Stories for Women 45+** and **Love Your Body...Embrace Your Life!** Her company, Power Source for Women, is dedicated to inspire, educate, coach, and mentor women worldwide to make a lifelong commitment to their health, fitness, and spirituality.

**THE MAGIC OF WALKING: YOUR GUIDE TO A BALANCED, PURPOSEFUL LIFE** is available through [Power Source for Women](#) and [Caversham Booksellers](#), e-book version available through [Amazon.com](#).

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