



The Walker's Friend: A Miscellany of Wit and Wisdom

By Jude Palmer

Summersdale Publishers. Hardback. Book Condition: new. BRAND NEW, The Walker's Friend: A Miscellany of Wit and Wisdom, Jude Palmer, 'I have two doctors, my left leg and my right' G. M. Trevelyan As Henry David Thoreau said, an early morning walk is a blessing for the whole day - a time to breathe fresh air and feel the grass under your feet, replenish the spirits and calm the mind, and let the thoughts flow while enjoying nature's bounteous pleasures. Hikers, ramblers, dog walkers and casual strollers will savour this beautifully designed collection of quotations and excerpts from classic and contemporary writing, both humorous and evocative, interspersed with practical tips on everything from walking boots to where to spot wildlife.



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