

I Went Walking

I Went Walking I Went Walking One Night Two Souls Went Walking My Heart Went Walking Let's Go Visiting Reverend Went Walking A Long Walk to Water I Went for a Walk Witch Who Went for a Walk I Went Walking Lizzy the Lizard Went for a Walk Walking in the City with Jane Wombat Went a Walking I Went for a Walk A Line Is a Dot That Went for a Walk Minds Went Walking My Heart Went Walking Frankie and Me Went Walking A Raven Went Out Walking Walking Fish A Philosophy of Walking The Man Who Walked Between the Towers As I Walked Out One Midsummer Morning The Words That Went Unspoken Dead Man Walking There's a Hole in My Sidewalk Rosie's Walk Walking The Himalayas Love Came Walking In Dog Went for a Walk Barefoot Walking Walk Like a Buddha Walk Two Moons Walking the Bowl Into the Wild Hiroshima Let the Celebrations Begin! The Tall Book of Make-believe A Walk in the Woods Walking with Ghosts

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Barefoot Walking Apr 02 2020 Recommends the health benefits of walking barefoot; provides advice on training, technique, and conditioning, including the special needs of children, older people, and pregnant women; and discusses choosing footwear.

A Long Walk to Water Apr 26 2022 When the Sudanese civil war reaches his village in 1985, 11-year-old Salva becomes separated from his family and must walk with other Dinka tribe members through southern Sudan, Ethiopia and Kenya in search of safe haven. Based on the life of Salva Dut, who, after emigrating to America in 1996, began a project to dig water wells in Sudan. By a Newbery Medal-winning author.

I Went Walking Nov 02 2022 Join a young boy for a playful stroll with a colorful parade of farm animals.

I Went for a Walk Sep 19 2021 Ages 4 to 8 years. I Went For A Walk, and kept on going Around the bend, outside the box and out of this world. This new children's book explodes off the page with the energy of a great rock song. Like a great song, it fills your heart with imagination and inspiration. Travel on this inspiring journey as you gaze into the colourful and creative pages of 'I Went for a Walk.' See amazing sights and meet lots of interesting creatures as you view different areas of earth, outer space, and inner space! I WENT FOR A WALK will delight people of all ages while stimulating the creative mind.

Dog Went for a Walk May 04 2020 A dog does different things when it goes for a walk with different members of the family.

I Went for a Walk Mar 26 2022 In February 2016, Gabriel Stewart embarked on a walk around the UK with just a backpack, a camera and a tent for company. With little previous experience of hiking or camping on his own, it was always going to be an interesting one. This isn't your typical hiking book, wittering on about the cold fierce winds battering Gabriel's determined face as he treads across a mountainside. It's an exploration of the mind of a confused, self-deprecating eighteen- to nineteen-year-old boy as he dabbles and dabbles in everything from mental health problems to the fake radio voice of Hugh Fearnley-Whittingstall. 'I will walk a thousand miles and it will be for charity - and maybe some other reason which I may or may not discover at some point in a random soggy British field.' That pretty much sums up the logic. I Went for a Walk is the story of how it all went spectacularly wrong.

A Philosophy of Walking Feb 10 2021 "Asks why so many of our writers and philosophers have also been indefatigable walkers." - Financial Times "It is only ideas gained from walking that have any worth." - Nietzsche By walking, you escape from the very idea of identity, the temptation to be someone, to have a name and a history ... The freedom in walking lies in not being anyone; for the walking body has no history, it is just an eddy in the stream of immemorial life. In *A Philosophy of Walking*, a bestseller in France, leading thinker Frédéric Gros charts the many different ways we get from A to B — the pilgrimage, the promenade, the protest march, the nature ramble — and reveals what they say about us. Gros draws attention to other thinkers who also saw walking as something central to their practice. On his travels he ponders Thoreau's eager seclusion in Walden Woods; the reason Rimbaud walked in a fury, while Nerval rambled to cure his melancholy. He shows us how Rousseau walked in order to think, while Nietzsche wandered the mountainside to write. In contrast, Kant marched through his hometown every day, exactly at the same hour, to escape the compulsion of thought. Brilliant and erudite, *A Philosophy of Walking* is an entertaining and insightful manifesto for putting one foot in front of the other.

Hiroshima Oct 28 2019 Hiroshima is the story of six people—a clerk, a widowed seamstress, a physician, a Methodist minister, a young surgeon, and a German Catholic priest—who lived through the greatest single manmade disaster in history. In vivid and indelible prose, Pulitzer Prize-winner John Hersey traces the stories of these half-dozen individuals from 8:15 a.m. on August 6, 1945, when Hiroshima was destroyed by the first atomic bomb ever dropped on a city, through the hours and days that followed. Almost four decades after the original publication of this celebrated book, Hersey went back to Hiroshima in search of the people whose stories he had told, and his account of what he discovered is now the eloquent and moving final chapter of Hiroshima.

Lizzy the Lizard Went for a Walk Dec 23 2021 Lizzy the Lizard lived under a rock at the bottom of a gum tree. One morning after breakfast, Lizzy went for a walk.

Walking with Ghosts Jun 24 2019 A highly anticipated memoir by Gabriel Byrne, the award-winning star of over 80 films, *Walking with Ghosts* is an exquisite portrait of an Irish childhood and a remarkable journey to Hollywood and Broadway success. "Make no mistake about it: *Walking with Ghosts* is a masterpiece. A book that will wring out our tired hearts. It is by turns poetic, moving, and very funny. You will find it on the shelf alongside other great Irish memoirs including those by Frank McCourt, Nuala O'Faolain and Edna O'Brien." —Colum McCann As a young boy growing up in the outskirts of Dublin, Gabriel Byrne sought refuge in a world of imagination among the fields and hills near his home, at the edge of a rapidly encroaching city. Born to working class parents and the eldest of six children, he harbored a childhood desire to become a priest. When he was eleven years old, Byrne found himself crossing the Irish Sea to join a seminary in England. Four years later, Byrne had been expelled and he quickly returned to his native city. There he took odd jobs as a messenger boy and a factory laborer to get by. In his spare time, he visited the cinema where he could be alone and yet part of a crowd. It was here that he could begin to imagine a life beyond the grey world of 60s Ireland. He reveled in the theatre and poetry of Dublin's streets, populated by characters as eccentric and remarkable as any in fiction, those who spin a yarn with acuity and wit. It was a friend who suggested Byrne join an amateur drama group, a decision that would change his life forever and launch him on an extraordinary forty-year career in film and theatre. Moving between sensual recollection of childhood in a now almost vanished Ireland and reflections on stardom in Hollywood and Broadway, Byrne also courageously recounts his battle with addiction and the ambivalence of fame. *Walking with Ghosts* is by turns hilarious and heartbreaking as well as a lyrical homage to the people and landscapes that ultimately shape our destinies.

Let the Celebrations Begin! Sep 27 2019 A Jewish child, who remembers his home before life in a concentration camp, makes toys with the women to give to the other children at the very special party they are going to have when the soldiers arrive to liberate the camp.

Wombat Went a Walking Oct 21 2021 Children and parents can sing along to the tune of the popular song 'Frog Went A Courting' as they follow wombat and turtle on their way to a dance deep in the Australian bush. Along the way, they make new friends with the magpie, the goanna, the

kookaburra, the kangaroo, the crocodile - and soon a band of Aussie animals are dancing the night away.

My Heart Went Walking Jun 16 2021 The only man she's ever loved is seeing her sister. And now they have to save her together. Sally Hanan's sublime debut mixes the prose of Sue Monk Kidd with the dialogue of Maeve Binchy. With captivating warmth, she pulls us in to how it felt to live in Ireland's changing culture of the '80s, and how it often made a woman's decisions for her. "I can't bear to keep walking. But you can't keep a secret in this town unless you leave with it." Kept apart by their love for one man, two sisters embark on their own paths towards survival, love, and understanding, until they finally meet again in the worst of circumstances. And the reality might break them all. *My Heart Went Walking* is a heartbreakingly beautiful novel that sweeps from the small Irish town of Donegal to the "big smoke" of Dublin City; a book that celebrates the pull of family and the chance of redemption. It is a novel for everyone who feels connected to the Irish approach to life—that of grit and laughter—and also for everyone who loves an overriding message of hope and restoration in all things.

I Went Walking Jan 24 2022 During the course of a walk, a young boy identifies animals of different colors.

Let's Go Visiting Jun 28 2022 A counting story in which a boy visits his farmyard friends, from one brown foal to six yellow puppies. On board pages.

Minds Went Walking Jul 18 2021 Jock Serong, Mark Smith and Nail A. White posed the question: what would happen if a group of Australia's finest writers were invited to let their minds go walking through the Paul Kelly songbook? The writers responded with tales of forbidden love, with the ghosts that inhabit St Kilda and the 'special treatment' of the Noongar people; with the dumb things they did when they crossed the Nullarbor, and how a simple song could bind a father and daughter forever. Contributors include well-known musicians, award-winning novelists, crime writers, children's author and more including Robbie Arnott, Alice Bishop, Zoe Bradley, Sam Carmody, Jake Cashion, Lorin Clarke, Claire G. Coleman, Sarah Drummond, Laura Elvery, Kirsten Krauth, Julia Lawrinson, Matt Neal, Bram Presser, Mirandi Riwoe, Tim Rogers, Angela Savage, Jock Serong, Mark Smith, Neil A. White, Gina Williams and Michelle Wright. Like Paul Kelly's song, these stories will take you anywhere, and everywhere, and they will keep coming back to you like a cork on the ride.

Frankie and Me Went Walking May 16 2021 They went walking together in those days. Most of them were children of immigrants, and they found adventure, joy, mystery and hope in their travels together. They learned to handle danger, discrimination and failure. What they found together was a series of laughter and belief in themselves. The walks gave them satisfaction in the way they lived, and determination to stay ahead of any negative experiences. Walk along with them and experience a near fantasy explanation of things they were not old enough to fully understand.

Walking The Himalayas Jul 06 2020 Following his trek along the length of the Nile River, explorer Levison Wood takes on his greatest challenge yet: navigating the treacherous foothills of the Himalayas, the world's highest mountain range. Praised by Bear Grylls, Levison Wood has been called "the toughest man on TV" (The Times UK). Now, following in the footsteps of the great explorers, Levison recounts the beauty and danger he found along the Silk Road route of Afghanistan, the Line of Control between Pakistan and India, the disputed territories of Kashmir and the earth-quake ravaged lands of Nepal. Over the course of six months, Wood and his trusted guides trek 1,700 gruelling miles across the roof of the world. Packed with action and emotion, *Walking the Himalayas* is the story of one intrepid man's travels in a world poised on the edge of tremendous change.

Walking in the City with Jane Nov 21 2021 How one committed woman changed the way we think about cities. Jane Jacobs was always a keen observer of her community. When she moved to New York City and began to explore it, she figured out that, just like in nature, the city was an ecosystem. And all its different parts — from sidewalks and parks, to stores and, of course, people — were necessary to keep the city healthy and thriving. So, when urban planner Robert Moses wanted to build highways that would destroy neighborhoods — the lifeblood of New York — Jane fought back. And won! Kids will be inspired to notice the "sidewalk ballet" around them and to protect what makes their communities — and their cities — great!

Love Came Walking In Jun 04 2020 Love Came Walking In is much more than a love story. It tells of realistic people working through real social issues as their lives touch and affect everyone around them. When Paige Sigwald lost her husband, Dennis, five years earlier, she was left a single mother of a 10-year-old daughter, Lessie, now 15, and an 8-year-old son, Alec, now 13. Dating was something her sister, Casey, occasionally talked her in to, but she had no interest and always managed to compare dates to her late husband. Three years ago, Jason Harper broke off his engagement with Martie after he discovered she'd been unfaithful to him for most of their relationship. Having lost all interest in long-term relationships, he was now resigned to the life of a bachelor. He didn't feel he was missing out on much. He had a big family with two sisters, one brother, six nieces and nephews, and another on the way, so far. They were close and he wasn't looking for more. When love walked in on Paige and Jason, it wasn't going to be easy...for anyone. As their attraction grows, Paige finds herself trying to reconcile with her memories of Dennis, and Jason with Martie. Carl, Jason's older brother, sees himself in Paige's resistant daughter, Lessie, which stirs up demons of his turbulent past and his still strained relationship with his father; his adoptive father, not his biological father, the Bastard. Even Jason's parents are not immune as Paige and Jason's quest brings them back to the days when love walked in on them. And through it all, standing off to the side, is Paige's quiet but insightful son, Alec, being the voice of reason. M. Miench has a background in communications and literature, and a broad understanding of psychology and sociology, all coming together to create characters who are realistic, full, and complete.

Witch Who Went for a Walk Feb 22 2022 While taking a walk on Halloween night, a witch and her cat are frightened by three children in costumes. Original edition revised with all new illustrations. Includes reading activities and a word list.

The Tall Book of Make-believe Aug 26 2019

A Walk in the Woods Jul 26 2019 God only knows what possessed Bill Bryson, a reluctant adventurer if ever there was one, to undertake a gruelling hike along the world's longest continuous footpath—The Appalachian Trail. The 2,000-plus-mile trail winds through 14 states, stretching along the east coast of the United States, from Georgia to Maine. It snakes through some of the wildest and most spectacular landscapes in North America, as well as through some of its most poverty-stricken and primitive backwoods areas. With his offbeat sensibility, his eye for the absurd, and his laugh-out-loud sense of humour, Bryson recounts his confrontations with nature at its most uncompromising over his five-month journey. An instant classic, riotously funny, *A Walk in the Woods* will add a whole new audience to the legions of Bill Bryson fans.

The Words That Went Unspoken Nov 09 2020 Ellie Mercer lost the three most important women in her life to untreated cancer. Her mother, Berta Sager, and her older sister, Jean Sutton, died because of their adherence to Christian Science beliefs. That same pattern of treating disease without medical help led her younger sister, Perry MacFarlane, to ignore her cancer until it was too late. These women never spoke of their losses or their conditions with each other, creating a downward spiral of silence and suppression. Instead, each lived isolated within her own grief and fear, depriving each other the comfort and solace that could have eased their suffering. This book examines the devastating consequences of living with denial. It's the story of the author's struggle with her own demons, including her ensuing battles with agoraphobia and her search for spiritual authenticity. It recounts her journey out of personal darkness, bringing her own truths to light.

I Went Walking Oct 01 2022 During the course of a walk, a young boy identifies animals of different colors.

My Heart Went Walking Jul 30 2022 Perfect for fans of Sue Monk Kidd and Maeve Binchy. The only man she's ever loved is seeing her sister. And now they have to save her life together.

One Night Two Souls Went Walking Aug 31 2022 A young interfaith chaplain is joined on her hospital rounds one night by an unusual companion: a rough-and-tumble dog who may or may not be a ghost. As she tends to the souls of her patients—young and old, living last moments or navigating fundamentally altered lives—their stories provide unexpected healing for her own heartbreak. Balancing wonder and mystery with pragmatism and humor, Ellen Cooney (*A Mountaintop School for Dogs and Other Second Chances*) returns to Coffee House Press with a generous, intelligent novel that grants the most challenging moments of the human experience a shimmer of light and magical possibility.

The Man Who Walked Between the Towers Jan 12 2021 In 1974, French aerialist Philippe Petit threw a tightrope between the two towers of the World Trade Center and spent an hour walking, dancing, and performing high-wire tricks a quarter mile in the sky. This picture book captures the poetry and magic of the event with a poetry of its own: lyrical words and lovely paintings that present the detail, daring, and—in two dramatic foldout

spreads-- the vertiginous drama of Petit's feat. *The Man Who Walked Between the Towers* is the winner of the 2004 Caldecott Medal, the winner of the 2004 Boston Globe - Horn Book Award for Picture Books, and the winner of the 2006 Carnegie Medal for Excellence in Children's Video.

Walking the Bowl Dec 31 2019 For readers of *Behind the Beautiful Forevers* and *Nothing to Envy*, this is a breathtaking real-life story of four street children in contemporary Zambia whose lives are drawn together and forever altered by the mysterious murder of a fellow street child. Based on years of investigative reporting and unprecedented fieldwork, *Walking the Bowl* immerses readers in the daily lives of four unforgettable characters: Lusabilo, a determined waste picker; Kapula, a burned-out brothel worker; Moonga, a former rock crusher turned beggar; and Timo, an ambitious gang leader. These children navigate the violent and poverty-stricken underworld of Lusaka, one of Africa's fastest growing cities. When the dead body of a ten-year-old boy is discovered under a heap of garbage in Lusaka's largest landfill, a murder investigation quickly heats up due to the influence of the victim's mother and her far-reaching political connections. The children's lives become more closely intertwined as each child engages in a desperate bid for survival against forces they could never have imagined. Gripping and fast-paced, the book exposes the perilous aspects of street life through the eyes of the children who survive, endure and dream there, and what emerges is an ultimately hopeful story about human kindness and how one small good deed, passed on to others, can make a difference in the face of seemingly insurmountable odds.

Reverend Went Walking May 28 2022 With only his dreams and his Uncle Luke to guide him down the dangerous streets of Inner City, America, Reverend is forced to battle real and wanna-be-down-gangsters, slingers and stick-up kids, gun-running gamblers, and corrupted cops and courts. Narrated in vernacular slang by Old Man, a savvy streetwise sage, *Reverend Went Walking* immerses readers in a subculture of people fettered by systemic failure. Exposing socio-economic inequalities and the conflict between spirituality and organized religion, *Reverend Went Walking* reveals how at-risk youth in America are too often neglected and ignored. Can Reverend soar above the gritty streets, overcome the betrayal of his first love, Mighty Missy Brown, or will he become another statistic, his dreams extinguished before they have an opportunity to spark? *Reverend Went Walking* is a truth-driven suspenseful rollick of a modern-day American Hero and his search for the lost American Dream.

A Raven Went Out Walking Apr 14 2021 A collection of poetry and artwork by Christiane Cegavske. This work was originally published in 1996 as a limited edition of 23 hand bound books.

There's a Hole in My Sidewalk Sep 07 2020 Discover the beloved self-help classic featuring moving poems and insightful truisms that "is full of practical wisdom that will allow you to embrace and change your life" (John Gray, Ph.D., author of *Men Are from Mars, Women Are from Venus*). Individuals, therapy groups, twelve-step programs, and the self-help community around the world have embraced the late Portia Nelson's brilliant *There's a Hole in My Sidewalk*. Warm, wise, and funny, her seminal poem "Autobiography in Five Chapters" is a treasured and often quoted motto for anyone seeking to better themselves and their life. "Treat yourself to a special book by a special lady" (Carol Burnett) with this perfect inspirational and motivational gift.

Into the Wild Nov 29 2019 Krakauer's page-turning bestseller explores a famed missing person mystery while unraveling the larger riddles it holds: the profound pull of the American wilderness on our imagination; the allure of high-risk activities to young men of a certain cast of mind; the complex, charged bond between fathers and sons. "Terrifying... Eloquent... A heart-rending drama of human yearning." —New York Times In April 1992 a young man from a well-to-do family hitchhiked to Alaska and walked alone into the wilderness north of Mt. McKinley. He had given \$25,000 in savings to charity, abandoned his car and most of his possessions, burned all the cash in his wallet, and invented a new life for himself. Four months later, his decomposed body was found by a moose hunter. How Christopher Johnson McCandless came to die is the unforgettable story of *Into the Wild*. Immediately after graduating from college in 1991, McCandless had roamed through the West and Southwest on a vision quest like those made by his heroes Jack London and John Muir. In the Mojave Desert he abandoned his car, stripped it of its license plates, and burned all of his cash. He would give himself a new name, Alexander Supertramp, and, unencumbered by money and belongings, he would be free to wallow in the raw, unfiltered experiences that nature presented. Craving a blank spot on the map, McCandless simply threw the maps away. Leaving behind his desperate parents and sister, he vanished into the wild. Jon Krakauer constructs a clarifying prism through which he reassembles the disquieting facts of McCandless's short life. Admitting an interest that borders on obsession, he searches for the clues to the drives and desires that propelled McCandless. When McCandless's innocent mistakes turn out to be irreversible and fatal, he becomes the stuff of tabloid headlines and is dismissed for his naiveté, pretensions, and hubris. He is said to have had a death wish but wanting to die is a very different thing from being compelled to look over the edge. Krakauer brings McCandless's uncompromising pilgrimage out of the shadows, and the peril, adversity, and renunciation sought by this enigmatic young man are illuminated with a rare understanding--and not an ounce of sentimentality. Mesmerizing, heartbreaking, *Into the Wild* is a tour de force. The power and luminosity of Jon Krakauer's storytelling blaze through every page.

Walk Two Moons Jan 30 2020 In her own singularly beautiful style, Newbery Medal winner Sharon Creech intricately weaves together two tales, one funny, one bittersweet, to create a heartwarming, compelling, and utterly moving story of love, loss, and the complexity of human emotion. Thirteen-year-old Salamanca Tree Hiddle, proud of her country roots and the "Indian-ness in her blood," travels from Ohio to Idaho with her eccentric grandparents. Along the way, she tells them of the story of Phoebe Winterbottom, who received mysterious messages, who met a "potential lunatic," and whose mother disappeared. As Sal entertains her grandparents with Phoebe's outrageous story, her own story begins to unfold—the story of a thirteen-year-old girl whose only wish is to be reunited with her missing mother.

Rosie's Walk Aug 07 2020 The Fox is after Rosie, but Rosie doesn't know it. Unwittingly, she leads him into one disaster after the other, each funnier than the last. To enjoy Rosie's walk as much as Rosie does, just look inside!

Dead Man Walking Oct 09 2020 Even His Own Family Gave Up On Him! The true life story of Orlando Salinas By the age of thirty-three, Orlando found himself in a very dark place. He hated his life and wanted to die. To say he was ruthless, heartless, and hopeless is an understatement. As a father, husband, and son, he was a loser! Shot at nine times. Imprisoned for thirteen years. Hooked on drugs and alcohol for ten years. He even tried to escape from prison! Until he found the inner strength to make a decision that changed the course of his life forever. Today, he travels the world sharing his messages of "The Power of Choice" and "Believing in the Impossible." In this book, *Dead Man Walking*, you'll discover a story of hope, inspiration, and determination -- a message everyone needs to hear! Orlando Salinas is a motivational speaker, successful businessman, and the Founder and CEO of Choose to Change Foundation. For more information and to book him for your next event, please call (956) 929-9560. Meet him and get free resources to transform your life at www.OSalinas.com and www.ChooseToChangeFoundation.com.

As I Walked Out One Midsummer Morning Dec 11 2020 *As I Walked Out One Midsummer Morning* is the moving follow-up to Laurie Lee's acclaimed *Cider with Rosie* Abandoning the Cotswolds village that raised him, the young Laurie Lee walks to London. There he makes a living labouring and playing the violin. But, deciding to travel further a field and knowing only the Spanish phrase for 'Will you please give me a glass of water?', he heads for Spain. With just a blanket to sleep under and his trusty violin, he spends a year crossing Spain, from Vigo in the north to the southern coast. Only the outbreak of the Spanish Civil War puts an end to his extraordinary peregrinations . . . 'He writes like an angel and conveys the pride and vitality of the humblest Spanish life with unfailing sharpness, zest and humour' Sunday Times 'There's a formidable, instant charm in the writing that genuinely makes it difficult to put the book down' New Statesman 'A beautiful piece of writing' Observer

A Line Is a Dot That Went for a Walk Aug 19 2021 Inspired by the Paul Klee quote, this unconventional coloring book encourages kids to think creatively and draw freely to produce their own brand of imaginative art. Quirky prompts ask children to express themselves by making a page "sad" or "excited," or to "hold your pencil between your toes and draw." Loose illustrations and partially done doodles start them off and provide hours of fun.

Walking Fish Mar 14 2021 A humorous, exciting tale of an ordinary girl who makes an extraordinary scientific discovery—a blind fish that walks When seventh-grader Alexis catches an unusual fish that looks like a living fossil, she sets off a frenzied scientific hunt for more of its kind. Alexis and her friend Darshan join the hunt, snorkeling, sounding the depths of Glacial Lake, even observing from a helicopter and exploring a cave. All the while, they fight to keep the selfish Dr. Mertz from claiming the discovery all for himself. When Alexis follows one final hunch, she risks her life and almost

loses her friend. Walking Fish is a scientific adventure that provides a perfect combination of literacy and science.

Walk Like a Buddha Mar 02 2020 How can I be the person I want to be when I'm stuck in a job I hate? How is it possible to stay present in an era of nearly constant distractions? Can I pick someone up at a bar or club and still call myself spiritual? This nitty-gritty guide to life for the spiritual-but-not-necessarily-religious uses Buddhist teachings to answer those burning questions and a host of others related to going out, relationships, work, and social action. Based on Lodro Rinzler's popular advice columns, Walk Like a Buddha offers wisdom that can be applied to just the sort of dilemmas that tend to arise for anyone making even a modest attempt to walk like a Buddha—that is, to live with honesty, wisdom, and compassion in the face of whatever life surprises you with.