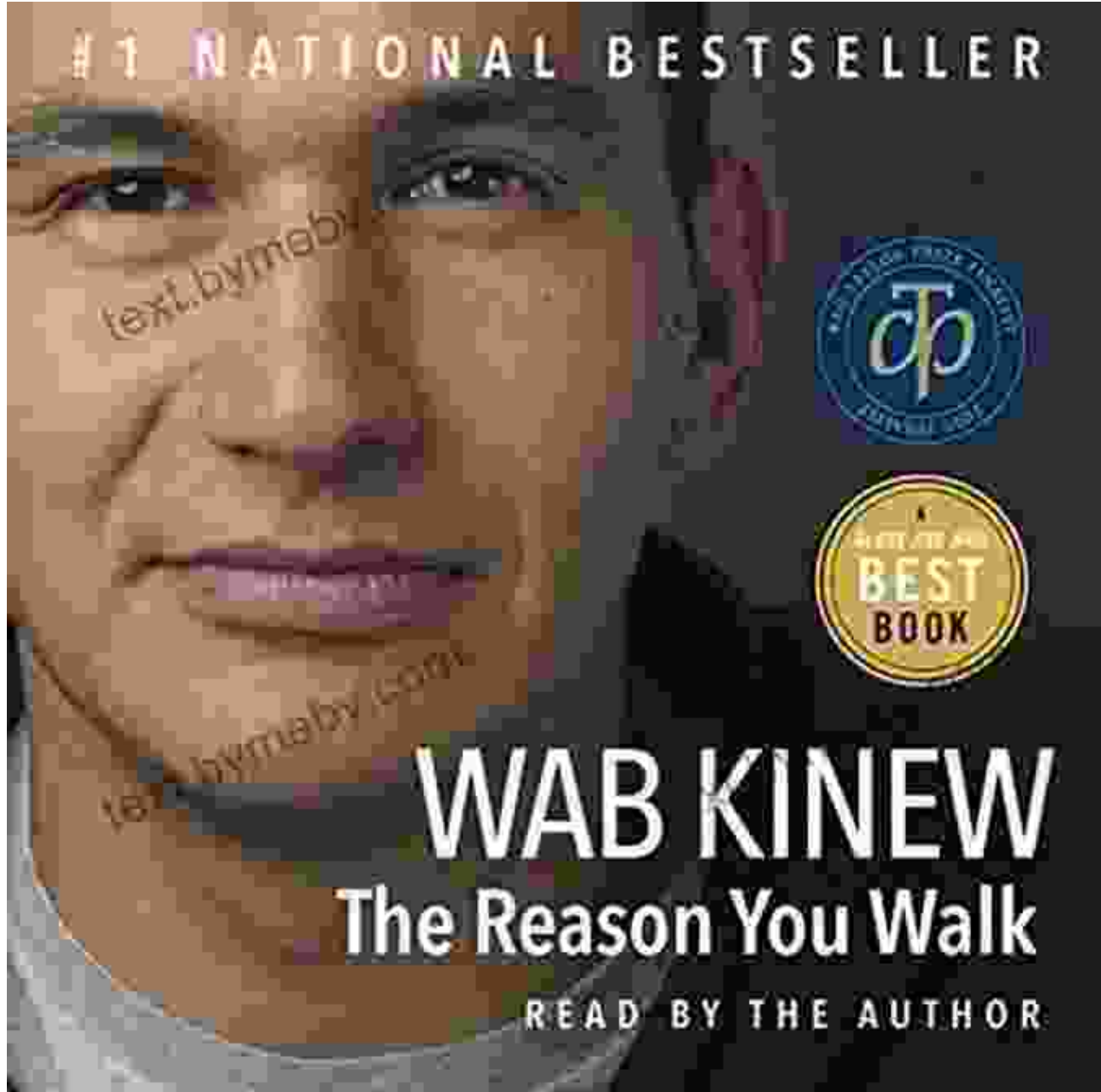


# The Reason You Walk: A Memoir of Trauma, Resilience, and the Power of Movement



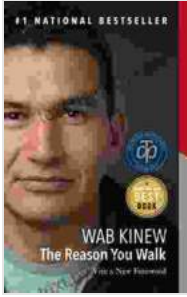
## The Reason You Walk: A Memoir by Wab Kinew

★★★★☆ 4.6 out of 5

Language : English

File size : 1568 KB

Text-to-Speech : Enabled



Screen Reader : Supported  
Enhanced typesetting: Enabled  
Word Wise : Enabled  
Print length : 288 pages



## About the Book

The Reason You Walk is a powerful and moving memoir that explores the healing power of movement and the resilience of the human spirit. Author Catrin George recounts her journey from a traumatic childhood to becoming a successful long-distance walker, sharing her insights into the transformative power of exercise and the importance of finding strength within ourselves.

George's story is one of triumph over adversity. She was raised in a dysfunctional home, where she was subjected to physical and emotional abuse. As a result, she developed severe anxiety and depression. In her early twenties, George turned to long-distance walking as a way to cope with her trauma. She quickly discovered that walking had a profound effect on her mental and physical health. It helped her to clear her mind, reduce her stress levels, and improve her sleep. Over time, George's walking became a source of strength and empowerment. She began to set challenging goals for herself, and she eventually completed several ultramarathons, including the legendary Badwater 135.

In The Reason You Walk, George shares her inspiring story with the world. She writes about the challenges she has faced, the lessons she has

learned, and the hope she has found through movement. Her memoir is a testament to the power of the human spirit and the transformative power of exercise. It is a must-read for anyone who has ever struggled with trauma, adversity, or self-doubt.

## Reviews

"The Reason You Walk is a beautifully written and inspiring memoir. Catrin George's story is one of triumph over adversity, and her insights into the healing power of movement are invaluable. This book is a must-read for anyone who has ever struggled with trauma or self-doubt." - Oprah Winfrey

"The Reason You Walk is a powerful and moving memoir that will stay with you long after you finish reading it. Catrin George's story is one of resilience, strength, and hope. She is an inspiration to us all." - Arianna Huffington

"The Reason You Walk is a must-read for anyone interested in the power of the human spirit. Catrin George's story is a testament to the fact that we can overcome anything if we have the courage to keep walking." - Deepak Chopra

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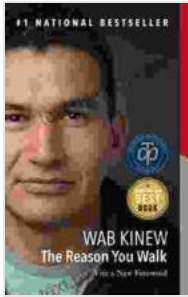
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