

# The Mindful Hiker On The Trail To Find The Path

**Ying Liu** 

#### The Mindful Hiker On The Trail To Find The Path:

The Mindful Hiker Stephen Altschuler, 2004 Join Stephen Altschuler who discovered his own spiritual path through an insightful relationship with nature as he leads you on a walk along the trails of Point Reyes National Seashore in Northern California With each chapter The Mindful Hiker will guide you toward the discovery of your own path where you ll find the inner strength to face the challenges of today Book jacket The Lost Art of Walking Geoff Nicholson, 2008-11-20 How we walk where we walk why we walk tells the world who and what we are Whether it's once a day to the car or for long weekend hikes or as competition or as art walking is a profoundly universal aspect of what makes us humans social creatures and engaged with the world Cultural commentator Whitbread Prize winner and author of Sex Collectors Geoff Nicholson offers his fascinating definitive and personal ruminations on the literature science philosophy art and history of walking Nicholson finds people who walk only at night or naked or in the shape of a cross or a circle or for thousands of miles at a time in costume for causes or for no reason whatsoever He examines the history and traditions of walking and its role as inspiration to artists musicians and writers like Bob Dylan Charles Dickens and Buster Keaton In The Lost Art of Walking he brings curiosity imagination and genuine insight to a subject that often strides shuffles struts or lopes right by us ,2004-08 Backpacker brings the outdoors straight to the reader's doorstep inspiring and enabling them to go more places and enjoy nature more often The authority on active adventure Backpacker is the world's first GPS enabled magazine and the only magazine whose editors personally test the hiking trails camping gear and survival tips they publish Backpacker s Editors Choice Awards an industry honor recognizing design feature and product innovation has become the gold standard against which all other outdoor industry awards are measured Nature and Therapy Martin Jordan, 2014-09-15 Recent decades have seen an increasing interest in the healing and therapeutic potential of nature and interest in the potential of greencare interventions for the benefit of mental health The field of nature based therapies is expanding in line with this interest Nature and Therapy offers a unique contribution by outlining the specific processes involved in conducting counselling and psychotherapy sessions in outdoor natural environments Central areas covered in the book include A thorough exploration of the evidence for the psychological and healing potential of natural spaces Developing a therapeutic rationale for nature based therapeutic work Understanding the therapeutic relationship and the unique therapeutic processes that come into play in outdoor natural spaces Translating indoor therapeutic work to outdoor contexts The practicalities of setting up and running a therapy session outside of a room environment Experiential exercises to explore the therapeutic potential of nature Martin Jordan offers a clear outline of how to set up and hold a therapeutic session outdoors Using case examples Nature and Therapy explores both the practicalities and the therapeutic processes that come into play in an outdoor natural setting The book will be of use to counsellors psychotherapists arts therapists psychologists and health professionals who are interested in taking their therapeutic work into natural environments and outdoor spaces Yoga

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