

Sacramento Book Review



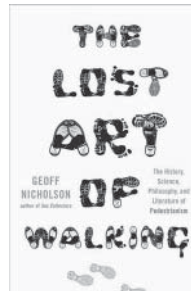
Below is a clipping of your book review that appeared in the January 09 issue of the *Sacramento Book Review*. Thank you for sending us the book.

The Lost Art of Walking

By Geoff Nicholson

Riverhead Books, \$24.95, 288 pages

Walking, perhaps one of the most recognizably human activities when performed on two limbs, often reaches no further in our brain than an afterthought. It is one of the things that we do that we don't even realize that we do, much like breathing or keeping our heart beating. Nicholson takes a much-more-than-an-afterthought look into action, proving that perhaps the most interesting things in life are the ones that are right there in front of you, but that you never notice until someone else points



out. From the science, both psychological and physical, of walking all the way to the art it has inspired, *The Lost Art of Walking* documents every aspect of this seemingly sublime exercise.

You might not, at first, guess that something so commonplace as walking could make for such an enigmatic read, and you would most surely be wrong in that guess. Nicholson pushes the subject into your face as if he's bragging after beating you at a game of one-on-one, it's impossible to not be interested in what he has to say. A solidly enjoyable read, *The Lost Art of Walking* does not disappoint.

Reviewed by Jordan Dacayanan