What has Dr. Shook been reading?
The Spirited Walker
By Carolyn Scott Kortge
Published by Harper San Francisco

It is delightful the way Carolyn Scott Kortge has shown the reader the wonder and beauty found when the mind and body work together.

Walking is renowned for its low impact, health-promoting influences on the body. The basics are frequently learned when young, requires little equipment and no club memberships,

Beginning with walking for fitness, Carolyn addresses important topics such as shoes, stretching, posture, heart rate and personal safety. She adds to this standard form of physical exercise simple mental exercises to quiet mental chatter and bring focus to the workout.

Meditations when practiced regularly reduce stress, blood pressure and anxiety. Affirmations, visualizations and breathing exercises. Carolyn Scott Kortge uses these classic tools of meditation and combines them with the steady rhythm of alternating steps.

Wow! The potential for physical fitness and mental clarity are mind blowing. Walk with this lady and find yourself healthy, and strong in mind and body. Clear the mind of negative self-talk and distractions. Put a stop to "I can't", "I'm tired", "I'm old". Breathe and step-out, feel your mind and body come together as one miraculous creation.

Henry David Thoreau, Deepak Chopra, Dan Millman, Thich Nhat Hanh and the Surgeon General are just a few of the Naturalist, spiritual teachers and fitness experts, whose wisdom and inspiration, Carolyn Scott Kortge draws upon and shares. Her book and resource list is impressive.

Yes it is true, possessing a strong body and centered mind can be an intoxicating experience … quite a "high". And yes, it may be addictive. But it's also great for the heart, bones, waistline and Psyche.

I very much enjoyed this book and recommend it wholeheartedly.

Dr. Laura L. Shook, is a chiropractor with an office located in downtown Wichita Kansas, she can be reached at (316)-267-6522, or send e-mail to: gooddrlaura@cox.net