



## IN PRAISE OF WALKING: THE NEW SCIENCE OF HOW WE WALK AND WHY IT'S GOOD FOR US, SHANE O'MARA

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“Walking is holistic: every aspect of it aids every aspect of one's being. Walking provides us with a multisensory reading of the world in all its shapes, forms, sounds and feelings, for it uses the brain in multiple ways”.

Shane O' Mara, the neuroscientist and professor of Experimental Brain Research at Trinity College Dublin explains in this book why we should go back to walking. Thanks to a series of experiments and illustrated studies, the basic lesson the author presents here is that walking is good for every aspect of our functioning beings at a psychological, neural and social level.

“Pound the pavements; get the wind on your face; [...] feel the rain on your face; sense the ground beneath your feet; hear the sounds; talk - if only to yourself; relax into the rhythm of walking and let your mind wander, deliberate, contemplate [...]. Although walking arises from our deep, evolutionary past, it is our future too: for walking will do you all the good that you now know it does”. \*

**Shane O'Mara**

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