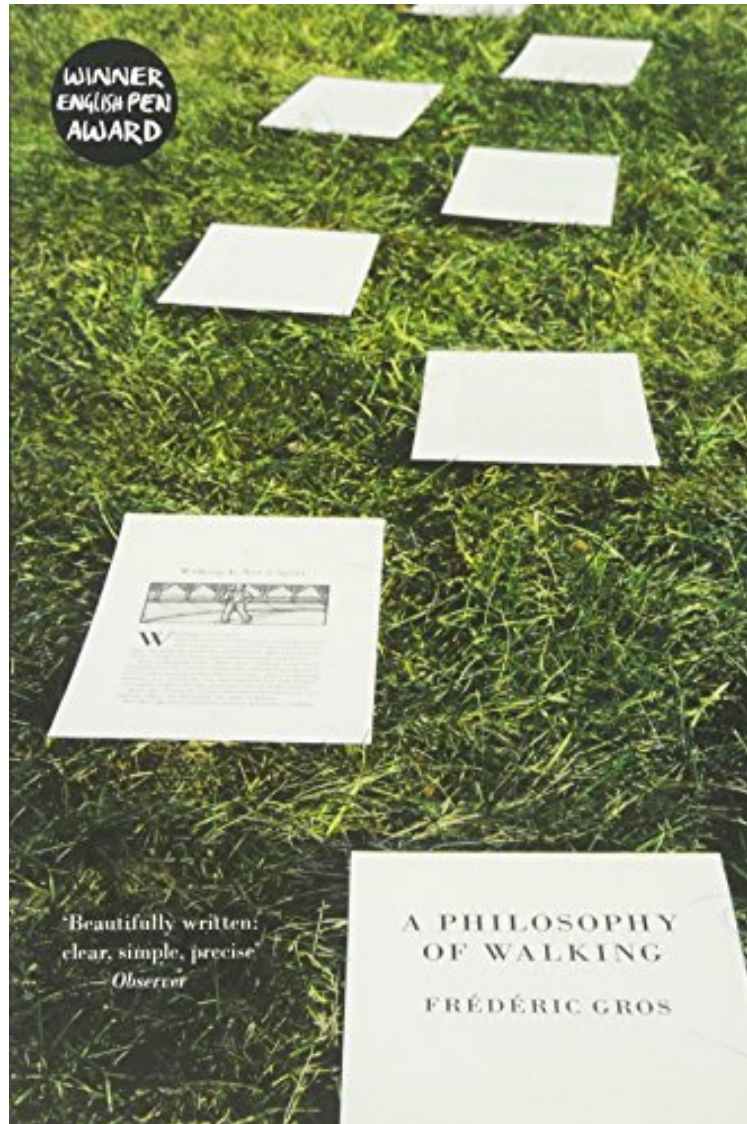


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# A Philosophy of Walking

Frederic Gros

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#369600 in Books Gros Frederic 2015-04-07 2015-04-07Original language:EnglishPDF # 1 8.30 x .70 x 5.60l, .81 #File Name: 1781688370240 pagesA Philosophy of Walking | File size: 32.Mb

**Frederic Gros : A Philosophy of Walking** before purchasing it in order to gage whether or not it would be worth my time, and all praised A Philosophy of Walking:

3 of 3 people found the following review helpful. It IS a philosophy book about walkingBy J. JohnsonI cannot say enough good things about this book! There is usually a book I go wild for each year and this is this year's book. It will be given to friends who will appreciate and wind up adoring this book. Granted, this is not a book for everyone though.This is truly a philosophy book and it says it right in the title. This is a book about the essence of walking, the

experience of walking, the disdain of walking, and famous walking philosophers. Due to this, it is not a mass market book. I am a contemplative who enjoys thinking while walking or running. I resonated with many of the points the author made about slowing down, enjoying the essence of life, and breathing it all in. This hit every pleasure nerve in my contemplative body, hence the excitement behind this book. This is a book about why we walk and the experience of walking rather than about walking. If you enjoy philosophy, contemplation, and really deep and rich writing, walk (don't run) and grab this one. My first truly exciting 5 star of the year. 0 of 0 people found the following review helpful. where Gros goes beyond anything I felt like I could say on the subject. By Dante Wilcox This book illustrates perfectly my own thoughts on walking, where Gros goes beyond anything I felt like I could say on the subject. His meditative process of analyzing some of the most notable philosophers of the 19th and 20th centuries (with one or two more), and their habits of walking as ways to process and produce thought, was revelatory and insightful, as grounded as the process of walking in itself. 0 of 0 people found the following review helpful. Five Stars. By Photosue It is a book perfect to read slowly to meditate the reading

It is only ideas gained from walking that have any worth. Nietzsche In A Philosophy of Walking, a bestseller in France, leading thinker Frdric Gros charts the many different ways we get from A to B the pilgrimage, the promenade, the protest march, the nature ramble and reveals what they say about us. Gros draws attention to other thinkers who also saw walking as something central to their practice. On his travels he ponders Thoreaus eager seclusion in Walden Woods; the reason Rimbaud walked in a fury, while Nerval rambled to cure his melancholy. He shows us how Rousseau walked in order to think, while Nietzsche wandered the mountainside to write. In contrast, Kant marched through his hometown every day, exactly at the same hour, to escape the compulsion of thought. Brilliant and erudite, A Philosophy of Walking is an entertaining and insightful manifesto for putting one foot in front of the other. From the Hardcover edition.

From Booklist Philosopher Gros ponders walking, that most mundane mode of transportation or exercise, elevating it to its rightful place in inspiring creativity, evoking freedom, and quieting a troubled soul. Whether taking a leisurely wandering stroll or a purposeful trek along an assigned path, when walking we are reduced to a moving two-legged beast, momentarily detached from obligations. Beyond his own perambulations, Gros evokes the wanderings of Kerouac and Ginsburg. Nietzsche walked to restore his health and get release from debilitating migraines, until he could walk no more. Rimbaud walked Paris to release his creativity. Nerval walked to ease his melancholy. Rousseau found inspiration only when walking, pondering memories and dreams. And of course, Thoreau walked to commune with nature and meditate. Gros examines the creative philosophies of these writers, artists, and thinkers so deeply influenced by the simple act of walking. He also examines the long journeys, pilgrimages, and protest walks of so many others in this fascinating look at the not-so-simple act of walking. --Vanessa Bush A passionate affirmation of the simple life, and joy in simple things. And its beautifully written: clear, simple, precise. Observer Poignant life-stories ... are interspersed with the authors own meditations on walking ... In the way a landscape is gradually absorbed by the long-distance Rambler they steadily build into an insistent exhortation: get up, get out and walk! Independent Life-affirming stuff. National Geographic Traveler Impressive. Daily Telegraph Philosopher Gros ponders walking, that most mundane mode of transportation or exercise, elevating it to its rightful place in inspiring creativity, evoking freedom, and quieting a troubled soul. Booklist This elegant book inspires consideration of an oft-overlooked subject. Publisher's Weekly "Frdric Gros asks why so many of our most productive writers and philosophers Rousseau, Kant, Rimbaud, Robert Louis Stevenson, Nietzsche, Jack Kerouac have also been indefatigable walkers there are certain magical things that happen on the trail, and Gros is familiar with them. He thinks like a hiker." Financial Times "An admirable little book which will delight even the most sedentary." Le Monde "An unclassifiable book in which ideas are illuminated by the bright light of the morning." L'Express From the Hardcover edition. About the Author Frederic Gros is a professor of philosophy at the University of Paris XII and the Institute of Political Studies, Paris. He was the editor of the last lectures of Michel Foucault at the College de France. He has written books on psychiatry, law and war. He lives in Paris.