



David Le Breton

Marcher la vie
Un art tranquille
du bonheur

Métailié  SUITES

Walking for Life

A Tranquil Way to Happiness

Author: David Le Breton

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A booming topic with wide appeal

Eight years after *Walking* and twenty years after *In Praise of Walking*, Le Breton revisits the pleasures and meaning of walking, revealing its healthful effects for rejuvenating the soul in our technological world.

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