

## Watch your Step - and see where it takes you



What you are and how you respond to the world around you is an echo of what you think, in resonance with how you feel. Therefore if you want to change your world, maybe it is time to change your thinking. After a series of life changing events that threw her into turmoil, the author embarks on a long awaited pilgrimage through north-western Spain, which at the time seems almost like a physical impossibility. Writing in the form of a chronicle, with a daily focus that takes the reader with her, over 3 weeks and 320 kilometres, in a heartfelt quest to recover her diminished self-esteem and re-engage her willpower. She uses her thoughts to distract her from the physical discomfort of the walk, which at times is excruciatingly painful, but at the same time takes her to peaks of tremendous panoramic splendour in the heart of rural Spain. As her feet wander, so does her mind and her wisdom unfolds into a nourishing soup, containing insights from a number of renowned spiritual teachers who have walked the Earth. This is an inspirational book, ideal for anyone who might feel that they have lost the will to carry on. It is about believing in who you are and focusing on what you are good at, rather than continually looking at improving on your weaknesses. It is about finding oneself, within the harmony of natural beauty that voluntary simplicity promotes, self-reflection, honesty and the fact that anything is possible if you are able to use your mind in conjunction with your heart and limbs to realise your fullest potential. Everything in life is about perspective and where you come from in the first place determines what your outlook will be. We are all pilgrims in search of our own individual Holy Grail, which ultimately distills to our own self-belief. We create our own reality and it is in the depths of our thinking that we are able to re-create our lives in a way that not only serves

ourselves, but also serves others. This book and the journey it describes are both based on one fundamental question that at some crossroad of our lives on this planet we are all compelled to ask ourselves: How on Earth do I realistically expect to manage the lives of others if I do not truly know how to manage myself?

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