



Walking Life: Meditations on the Pilgrimage of Life

Michael Metras

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Walking Life: Meditations on the Pilgrimage of Life considers lessons I have learned throughout my life and reinforced during several pilgrimage walks in Spain. It relates these lessons to our daily walk through life.

Walking Life is richly illustrated with photos from several pilgrimage walks. You can take Walking Life along with you on your next retreat or just sit with it under a tree. Walking Life is at its best when you read it slowly one page at a time and consider how the spirit of that page fits into your life. This book is also available in a color edition at www.lulu.com.

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