

Fat Man Walking: Lessons in Loss

A poignant and powerful memoir about loss, love, and the healing power of walking.



Fat Man Walking: Lessons in Loss by Patrick Holford

★★★★☆ 4.4 out of 5

Language	: English
File size	: 3975 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 112 pages
Lending	: Enabled



In the wake of his wife's sudden death, award-winning author Jeff Gordinier found himself lost in grief and despair. Overweight and out of shape, he could barely walk a block without getting winded. But one day, he decided to lace up his sneakers and start walking.

At first, it was a struggle. But as he walked, mile after mile, he began to feel a sense of peace and healing. Walking became his way of processing his grief, of connecting with his wife's memory, and of rediscovering his own strength.

Fat Man Walking is a beautifully written and deeply moving memoir about loss, love, and the healing power of walking. It is a story that will resonate with anyone who has ever experienced the pain of loss.

Praise for **Fat Man Walking**:



" "A powerful and moving memoir about loss, love, and the healing power of walking." —The New York Times"



" "Gordinier writes with honesty and vulnerability about the pain of loss and the power of walking to heal." —The Washington Post"



" "A beautiful and inspiring memoir that will resonate with anyone who has ever experienced the pain of loss." —People magazine"

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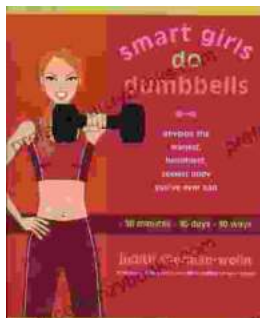
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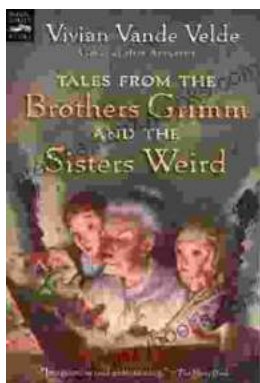
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