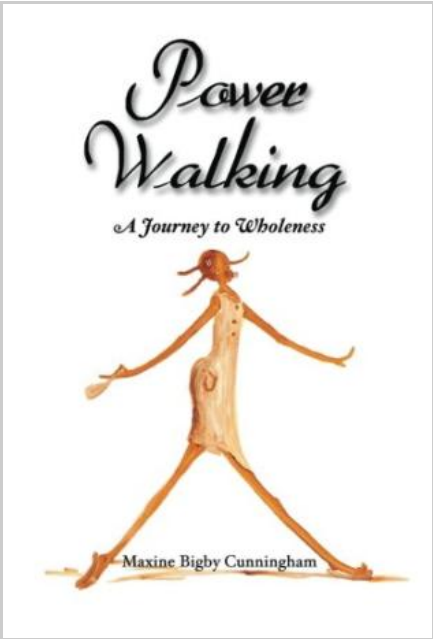


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Power Walking: A Journey to Wholeness (Paperback)

By Powe Maxine Bigby Cunningham

Booksurge Publishing, United States, 2008. Paperback. Book Condition: New. 224 x 150 mm. Language: English . Brand New Book ***** Print on Demand *****.In 1997, the author had a transichemic attack (TIA - mild stroke) in the sanctuary of her church. This was the first among several falling incidents, including falls into deep depression. After each occurrence, she had to learn how to move from a state of helplessness and hopelessness to a position of wellness and wholeness - body, mind and spirit. POWER WALKING, A Journey to Wholeness, is a collection of poetry and prose that uses walking as a metaphor for healing and recovery. Interweaving poetry, prose, artistic designs and scriptures, the author offers four steps to optimal wellness. Each chapter begins with a whispered prayer and concludes with a shout of praise. Walking is revealed as both a daily experience and a lifetime journey. POWER WALKING, a memoir, inspires and empowers anyone who has ever yearned to triumph over impediments to well-being.

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