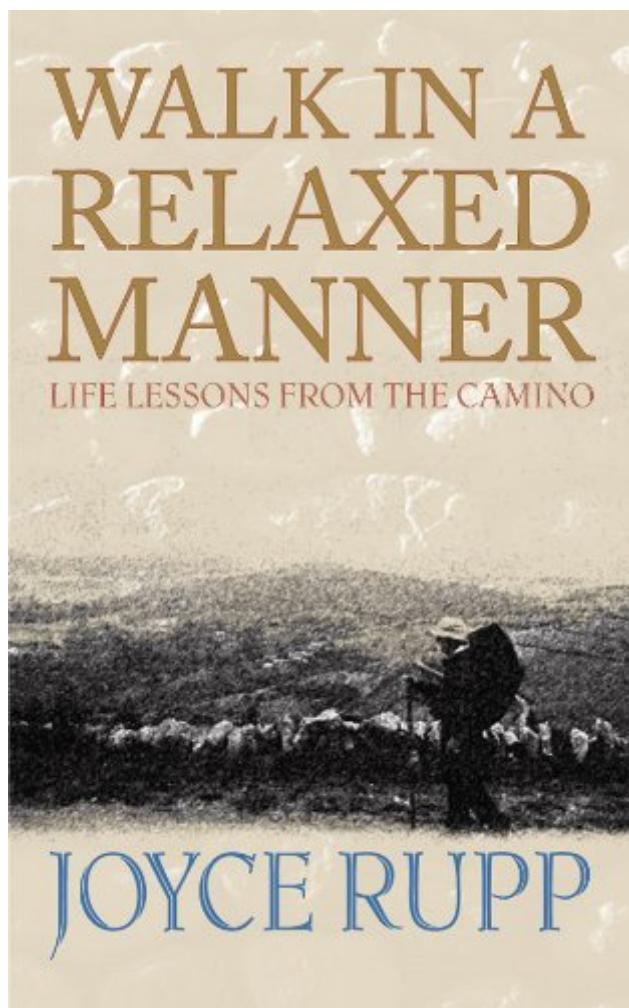


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# Walk In A Relaxed Manner: Life Lessons From The Camino



## **Synopsis**

Joyce Rupp's story of her pilgrimage along the Camino de Santiago is full of adventure, humor, heartbreak, and insight.

## **Book Information**

File Size: 6069 KB

Print Length: 268 pages

Publisher: ORBIS (December 6, 2011)

Publication Date: December 6, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B006R89LGS

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #199,307 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #50

in Kindle Store > Kindle eBooks > Religion & Spirituality > Spirituality > Women #93

in Kindle Store > Kindle eBooks > Nonfiction > Travel > Europe > Spain & Portugal #231

in Books > Travel > Europe > Spain > General

## **Customer Reviews**

I am a Joyce Rupp fan. I'd always dreamt of doing the Camino some day, and when I saw that Joyce had done it, and written a book about it, I quickly bought it and read it. Her book gave me the courage to buy a plane ticket and go. I'm a hiker and camper. I could tell from reading her book that some of the facets of the hike- some of the albergues, some of the pilgrims, some of the food-- etc etc-- were perhaps harder for her to accept than they would be for me. I thought she gave a really honest appraisal of how things were for her, and was touched by how she eventually resolved some of those contretemps. I recently was looking at reviews of the book and was surprised to see some of the negative reviews. What I got from reading Joyce's book was an honest look at the Camino from the eyes of a middle-aged woman used to her own personal space, solitude, food, level of cleanliness, etc. One does necessarily give a lot of that up when on the Camino, if you stay in the

albergues! They are fabulous places for meeting people from all over the world- but they can make you cringe if you are not used to hearing snoring at night. What I love about this book is the life lessons, her thoughts on what she found there, and what she got out of it in spite of -- and maybe even because of her discomfort. I recommend this book for mature people thinking of hiking the Camino. In 2011 I accompanied a women's group from my church from Samos to Santiago, and I asked them all to read the book-- they liked it, too.

Our book discussion group chose this book and we all agreed that "Walk in a Relaxed Manner: Life Lessons from the Camino" is one of the best books we have read. During the discussion, one of our members brought a guest that had also walked The Camino. We had many questions for her and made our discussion of the book more enlightening. I am glad that Joyce Rupp decided to share her thoughts while on her pilgrimage of The Camino. Even though most of us will never set foot on that pilgrim path, the experiences she shares can most definitely be applied to our everyday lives. It is well written and thought provoking. I highly recommend it.

This is a most balanced view of an individual's pilgrimage to Santiago. The author presents a realistic experience with all the ups and downs, inclusive of solutions to any dilemmas. A concrete, yet spiritual rendition of the walk to Santiago. My favorite read so far. A definite recommendation to friends planning to walk The Way.

I actually bought this book as a gift for a friend who is considering making this pilgrimage. I read it for the first time when it was first published, just because Joyce Rupp is one of my favorite spiritual writers. She has a gift for delving into the spiritual on many levels, from the perspective of a woman, a woman religious, one acquainted with the life and love of God. She writes in an incredibly lucid manner and captures the divine in the midst of life struggles, always prayerfully, with uncommon insight and compassion. In this small and readable volume she tells it like it is. This book differs somewhat from others I've read in that it is her own lived experience of making this journey across Spain. It's illustrated with photos from that journey and populated and enriched with the varied pilgrims she met along the way. I recommend it especially for anyone contemplating making this amazing journey, but also for those of us who wish we could.

I've read countless Camino books and this is by far the best one! If you want more meaning and less stories of blisters, this is it! I read it twice because I loved it that much!

I have read several books about various authors' experiences walking The Camino and this book is by far the BEST I have read so far. It touched me personally and I felt like I was being guided each day with each chapter. Before I read this book, I thought "Maybe I don't have to walk across Spain to make my life more meaningful. Maybe my life is a pilgrimage if I want it to be." Joyce Rupp later confirmed in her book that this idea is true and I am learning how to walk in a relaxed manner each day, even if my life lessons are from a major law firm instead of a 500 mile walk across Spain. I have sent Joyce Rupp a thank you for writing this book and I say it again - Thank you!

I just finished this book. Of all the books I've read about walking the Camino, this is my favorite. I want to read it again and underline some of her gems. This book is more than an account of her Camino experience. It contains advise for daily life. That's the point of the pilgrimage, right?

I am ready to prepare for a walk! Book can be used to walk daily through life! Thank you!

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