



daily GOOD

Everywhere is walking distance if you have the time. --Steven Wright

Thousand-Mile Walk Home

"Eight years ago this spring, I blew out a lumbar disc while running a jackhammer in the desert near my housean accident that was the result of simple bad luck, with the odds skewed by the fact that a jackhammer was the wrong tool for the job and that alcohol may have been involved. After a long, miserable recovery period during which I was as ornery as a walleyed mule, I finally mended enough that my wife, Eryn, could get me out of the house, which was a great relief to her. As I began to get back on my feet, Eryn asked what turned out to be one of the best questions I've ever received: 'Bubba, now that youre finally healing, how do you want your life to be different from before the injury?'"My reply was immediate and spontaneous. I just want to walk and walk and walk."

Be The Change:

For more inspiration, check out this post from Maria Popova on, "Walking as Creative Fuel."