



The Lost Art of Walking: The History, Science, and Literature of Pedestrianism

Geoff Nicholson

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How we walk, where we walk, why we walk tells the world who and what we are. Whether it's once a day to the car, or for long weekend hikes, or as competition, or as art, walking is a profoundly universal aspect of what makes us humans, social creatures, and engaged with the world. Cultural commentator, Whitbread Prize winner, and author of *Sex Collectors* Geoff Nicholson offers his fascinating, definitive, and personal ruminations on the literature, science, philosophy, art, and history of walking.

Nicholson finds people who walk only at night, or naked, or in the shape of a cross or a circle, or for thousands of miles at a time, in costume, for causes, or for no reason whatsoever. He examines the history and traditions of walking and its role as inspiration to artists, musicians, and writers like Bob Dylan, Charles Dickens, and Buster Keaton. In *The Lost Art of Walking*, he brings curiosity, imagination, and genuine insight to a subject that often strides, shuffles, struts, or lopes right by us.

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