



Walk for Your Life! Restoring Neighborhood Walkways to Enhance Community Life, Improve Street Safety and Reduce Obesity

Marie Demers

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With obesity at an all-time high, America's sidewalks vanishing from our suburbs, pedestrians and bicyclists at risk along many thoroughfares, and a looming fuel crisis on the horizon, we need to reevaluate personal and societal walking values. This thought-provoking book calls for the restoration of a walkable environment as a starting point for addressing these pressing issues.

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