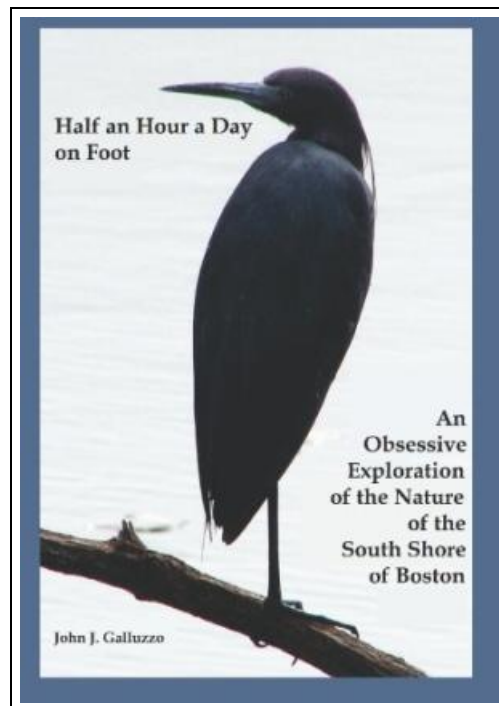


Half an Hour a Day on Foot: An Obsessive Exploration of the Nature and History of the South Shore of Boston



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Reviews

This book is fantastic. It normally fails to price excessive. Your daily life span will likely be enhance once you total reading this publication.
(Heath Prosacco)

HALF AN HOUR A DAY ON FOOT: AN OBSESSIVE EXPLORATION OF THE NATURE AND HISTORY OF THE SOUTH SHORE OF BOSTON



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Createspace, United States, 2010. Paperback. Book Condition: New. 249 x 175 mm. Language: English . Brand New Book ***** Print on Demand *****.Since December 31, 2008, I have walked a half an hour a day. While many Americans do this much and more, I ve challenged myself to find a new place to do so every twenty-four hours. Again, one might suggest that such a move is not so noteworthy, but there are two catches. First, there s my day job. As a naturalist and public program coordinator for Mass Audubon, my walks this past year have taken me to some amazing places: the former leper colony on Penikese Island off Falmouth, Massachusetts, for instance, to an ever-expanding boulder field in the Poconos, and the puffin breeding colony on disputed Machias Seal Island off the Maine-Canada border. Wearing my Mass Audubon hat - literally - I ve walked in Nova Scotia, Maine, New Hampshire, Massachusetts, Rhode Island, New York, Pennsylvania, Delaware and Maryland. Second, there s my side job. Proudly toting my history degree from the University of Massachusetts at Amherst, I ve published thirty books on the history of Massachusetts, the New England coast, and the United States Coast Guard. With each step I ve taken in 2009, I ve looked at the world around me with both my naturalist s eye, spotting, for instance, 296 species of birds, and my historian s eye, finding the past beneath the trees, among the bushes and alongside the trails. Half an Hour a Day on Foot: An Obsessive Exploration of the Nature of the Northeast is my travelogue of those experiences and adventures, through all seasons, in 365 different places.



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