



Walking Back to Happiness

Christine Palmer

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The inspirational story of one woman's journey along the ancient and beautiful Camino De Santiago, in search of some peace of mind, a fitter body, and a great tan

As a 50-something woman whose children had flown the nest, Christine Palmer found herself wanting to rediscover her lust for life and lose some of the pounds she'd gained. With old gym shoes, a new diet, and a revitalized sense of adventure, Christine embarks on an "accidental pilgrimage," walking 850kms from St Jean Pied de Port in France to Santiago de Compostela in Spain. Over the course of her charmingly narrated journey, she reflects on diets, exercise, relationships, and life in general, while hoping to fit back into a beautiful white Bellini top that had been languishing at the back of her closet for longer than she cared to remember.

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