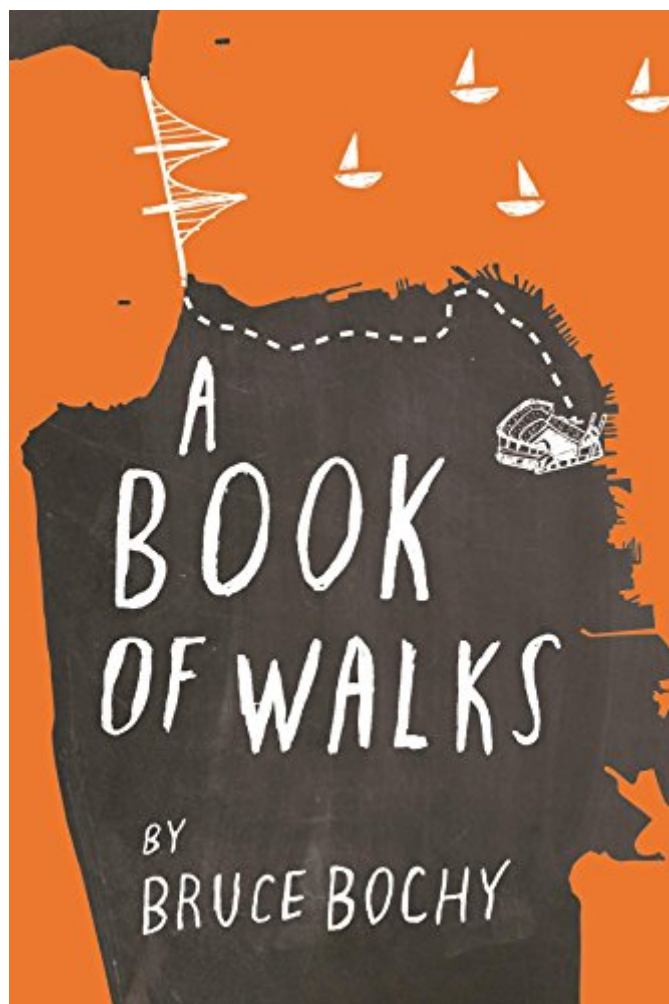


The book was found

A Book Of Walks (Kindle Single)



Synopsis

Walking can do anyone good – and Bruce Bochy knows that as well as anyone. As a Major League manager, he has one of the more stressful jobs imaginable. So what does he do to relax? He goes for long walks. Whenever possible, he takes long walks as a way to clear his head, calm his soul and give his body a workout. In this charming little volume, he shares his thoughts on walking in terms that can inspire everyone to get out more often for a good walk, a great way to stay fit and healthy through the forties and fifties and beyond. Along the way he provides glimpses into his life and character that will delight his many fans.

Book Information

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Customer Reviews

Delightful small book that can be read in 1-3 sittings. I must admit my bias of being a rabid Giants fan and fondness of Bochy from years of watching his calm demeanor leading the Giants to 3 World Series Championships. So naturally, I was looking eagerly into getting to know Bochy a little more through his book. The book is a nice selection of short chapters of Bochy describing his passion for walking in different cities across the United States; often cities that the Giants travel to as part of their schedule. Bochy reflects nicely on some history of each area and points of interest, while also

recounting funny stories involving players and dabbles in some philosophy. All of it sounding very much like it would sound if you were hearing him speak it. casual pacing, simple wording, and not a lot of fluff. Put simply, well, that's Bochy. I learned a bit about some areas in the states, laughed a bit at some of his stories, and overall was pleased with a man who seems dedicated to his wife (often his walking partner) and who enjoys being in the present. I liked Bochy before the book, I like him even more after the book. Thanks for a little share into your world Bochy :D

A fun read.. Feels as though I am sitting with Bochy in a coffee shop, acquainting ourselves with each other as he pours over his passion for walking in some familiar places. Giant fans and walkers will love this book and couch potatoes will be inspired. My dad will be getting a copy for father's day!

I read about SF Giants manager Bruce Bochy's new book on the SF Gate Giants app (which I highly recommend for the reviews of games and the latest news about the team) and bought the Kindle version immediately. Bochy describes a series of walks he likes to take in San Francisco along the waterfront and in cities where the Giants play, including Chicago, Cincinnati, and New York City. The voice sounds just like Bochy, folksy, down to earth, friendly. He shares bits and pieces of his outlook on life and philosophy and a little of his personal history as well. He often mentions his wife of 37 years, Kim, whom he describes as "power walker," and of course there are anecdotes about baseball and the Giants. For anyone interested in baseball, walking, and the colorful manager of the San Francisco Giants, this is a book to be savored.

Enjoyed the book immensely. Went to a book store to buy the hard copy to give to my son to read on his trip to Australia. It is nice as it is small enough to put in a pocket. The Giants are fortunate to have such a good, intelligent and creative coach.

This book captures all of the charm of our beloved Skipper, and reads like you're in his den, having a beer and telling stories. The walks are probably great (and might just inspire me to try a couple of the local ones); the stories are even better. A must for any fan of Bochy.

A lovely quick read in an appealing voice that is so totally "Bochy"! A gift for anyone who loves baseball, walkable cities, and being totally in the moment. Well worth the \$, which all goes to a great cause.

The Zen Master of baseball. It's a clear, simple writing that inspired me to get off my bum and walk around. My goal is to try each one. So far, so good. It's delivered with humor and ease- which is the way I prefer to walk

As someone who enjoys walking and baseball, I picked this book up on a lark, and while it's not great literature, I confess I did enjoy it. Bochy writes about some of his favorite walks in some of the numerous cities he visits for his real job managing the San Francisco Giants. Nothing really stands out about it, but it did prove to be a pleasant interlude from more serious reading. Each chapter is short and to the point, and I appreciate that. And, if I have occasion to visit any of the cities he mentions, I'll probably take another look at his suggestions. If you're looking for light nonfiction, you probably won't be disappointed.

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