



The Sound Of Water

Valerie Davies

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The Sound Of Water Valerie Davies

The sound of the sea echoes through every day of this part diary, part journal, part memoir. It's a contemplative book about mindfulness, in the broad sense that it is about being aware and being conscious of the present. It savours day-to-day life, the little details as well as the vast panorama of history – in fact, it's a celebration of life with some humour, some sadness and much enjoyment! In the introduction, Valerie quotes the poet Antonio Machado saying 'Travellers, there is no path, paths are made by walking.' This is her walk.

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