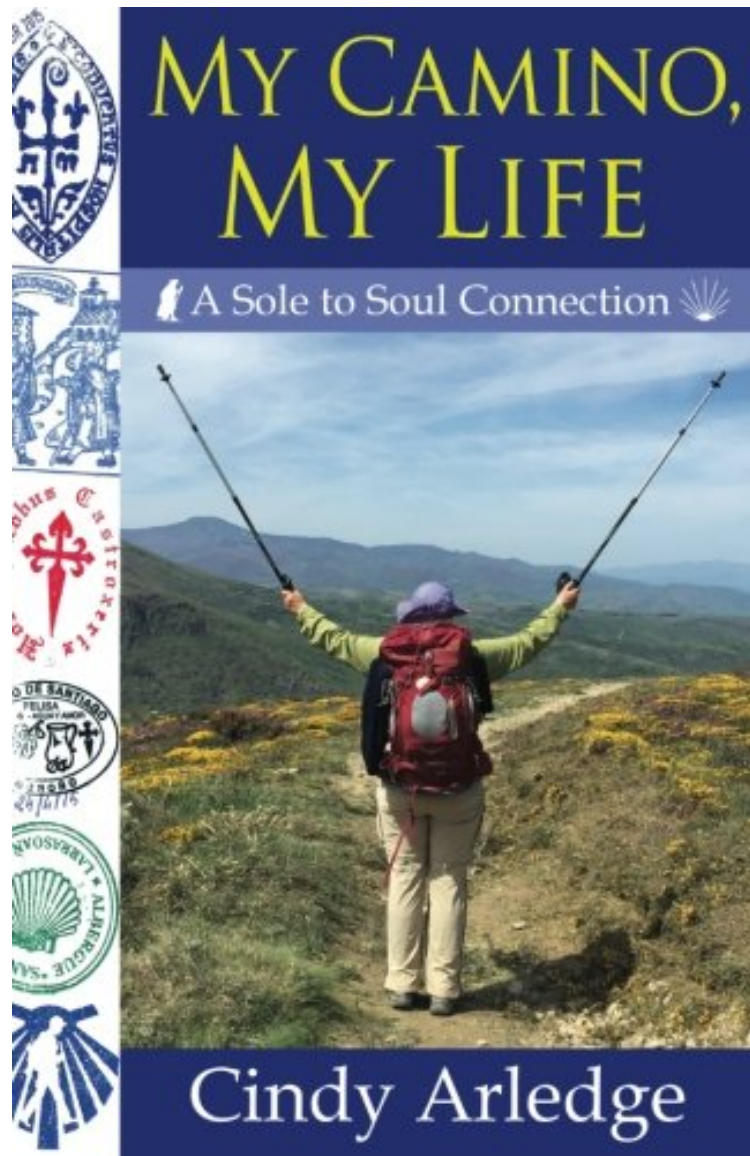


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## My Camino, My Life: A Sole to Soul Connection

*Cindy Arledge*

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**Cindy Arledge : My Camino, My Life: A Sole to Soul Connection** before purchasing it in order to gage whether or not it would be worth my time, and all praised My Camino, My Life: A Sole to Soul Connection:

0 of 0 people found the following review helpful. Highly Recommended BookBy CustomerI could not put this book down. It is a very honest and heart warming story about an amazing woman and her adventures on the Camino. Read this book if you are planning to walk the Camino. If you have already walked it, reading this book will put your mind

back on the trail and make you to want to go again. If you are unable to walk the Camino, reading this book will give you the experience from the comfort of your home. This is probably the best Camino experience book that I have read. 0 of 0 people found the following review helpful. ... detailed description of "The Way" and what it is like to be a "Pilgrim" By M. Petsel Outstanding detailed description of "The Way" and what it is like to be a "Pilgrim." As one who is interested in a possible attempt at this pilgrimage myself, this book served as a great illustration of what obstacles and adventures one faces when attempting the 500 mile challenge, I highly recommend this book even if you don't plan to do the walk. It is just so interesting. 0 of 0 people found the following review helpful. A must-read! By Lauren Midgley Cindy shares her Camino journey in an exquisite, authentic way. she unfolds the travel details of each day, shares her new-found friends, and most importantly her true emotions. Her message of making "each day the best ever" is inspiring. She provides the reader with key lessons learned about the Camino and human nature. Best of all, I loved her raw honesty.

What would it be like to ENJOY walking 500 miles in 37 days? For thousands of years, Europeans have stepped out their front door and walked to Santiago, Spain. The purpose of this Pilgrimage, known as the Camino de Santiago, is to visit the bones of the Apostle James purported to be buried under the Cathedral. Like most Americans, Cindy was inspired to walk the Camino after watching *The Way*, a movie released in 2011. Since then, an increasing number of Americans make up the 200,000 plus Pilgrims who annually walk the Camino. Modern Day Pilgrims walk and bike the Camino for various reasons--from religious/spiritual to sport/outdoor appreciation. Despite physical challenges and inability to speak Spanish, Cindy set her intention to walk 500 miles with Ease and Grace, and always use indoor plumbing. In this memoir, Cindy shares her spellbinding story with intimacy and humor. Her positive approach to the hazards she encountered are inspiring and remarkable.

"Cindy's humorous and inspiring story is a great read for anyone considering walking the Camino or seeking more out of life." ?John P. Strelecky, #1 best-selling author of *The Why Cafe* "Cindy takes you on a journey that will make you laugh, cry and think about your own path. Grab several copies and pass them out to all of the people you care about." ?Kate Delaney, Nationally Syndicated talk show host "Cindy Arledge is a spirited heart-centered entrepreneur. Her journey across the Camino is an inspiration. I admire her ability to turn grief into power. She can help you live with purpose, prosperity and joy." ?Mastin Kipp, best-selling author of *Daily Love: Growing into Grace*