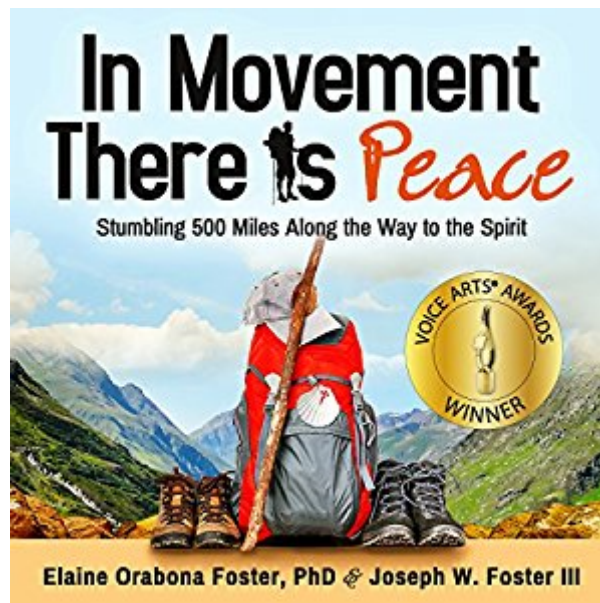




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# In Movement There Is Peace: Stumbling 500 Miles Along The Way To The Spirit



## Synopsis

This book will rock your beliefs about fear, security, and taking risks. In *Movement There Is Peace* is a powerful tale of travel, adventure, and unexpected faith. It begins with a doctor who walks away from her practice in order to cure her own paralyzing anxiety. Once free, she discovers that leaving is really only fleeing if there's no new direction. Could this be the reason for her husband's sudden inspiration? "I want us to walk the Camino de Santiago; it's an 800-kilometer pilgrimage across Spain." After deliberating the wisdom of walking 500 miles with no planning or physical conditioning and little religious faith, the two set off to walk the "Way of Saint James". Their "no-plan" plan sets off a series of extraordinary events that can only be explained as divine intervention. It starts with an enigmatic suggestion from a former pilgrim who sends them off with a caution: "There are no coincidences on the Camino." The tale itself is a funny, fascinating pilgrim's progress seeded by unique characters and full of amazing surprises. Follow along the pilgrim's path as it shares its secrets on how to: Create a life that's unafraid of death Experience emotional lightness by carrying a smaller physical load Journey without plans, and have more fun doing it Make a leap of faith, and land closer to paradise If you've ever doubted yourself or your abilities, listen to this book. "Lose the fear...live the life!"

## Book Information

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## Customer Reviews

Well, it took me around 6 months to read this....because I was savoring it! I have not yet done the Camino, but I have studied in Santiago and been back to visit once (and found out on the day of

arrival that my mother-in-law passed away the night before...so i headed back to the States the next day.) i have read MANY books on the Camino (12-13?) and never once found this one to have a "lull" and give up on it. I loved both Joe's and Elaine's insights....and the fact that they grew from each person they met....and were always grateful in that moment and beyond. They never passed judgment on anyone else; they realized that each person was just a special part of THEIR Camino..I plan on doing my Camino next year and hope that I have just as positive an experience! Thank you Joe and Elaine...don't stop.....Ultreya!

I read this book as my first book of summer. I teach first grade and love being a teacher and give it my all. When summer comes I need to recharge. I also know of two people currently on the Camino and wanted to read about it. I very much enjoyed all that the authors shared about their pilgrimage. I recommended this book to two others in the middle of reading this book. I feel this book is good for all as we all have personal pilgrimages that we undertake in our daily lives. I very much enjoyed this book and I think it will help me when I start a new school year with a new group of students . A school year for me is a my pilgrimage. But perhaps one day I will walk the Camino.

I just finished reading the book, "In Movement There is Peace." Wow. I am 31 years old and walked the Camino when I was 23, 25, and 28. At this point, I'm missing my camino life pretty badly. One thing I cant seem to figure out is simply, how to bring what I learned on my journeys, home with me and somehow to apply the lessons to my life. Its never long before "real life" gets in the way again.After reading this book, which was not surprisingly quite similar to my experiences, I felt such a joy just from reading what could have been my own journal (save for being a scientist or psychologist). Its also a beautiful reminder of the lessons I experienced myself which helps to refresh my perspective on life.I'll read it again and again because its a way for me to relive my experience and remember how much it meant to me. I have only to close my eyes to see each step of your journey. From the physical pain, to the mental anguish, the exhaustion, and finally the peace. From the Pyrenees, into cities and through vineyards and mesetas to the holy grail, Santiago de Compostela.I don't know how this book will read for people who have not walked The Way, but if you have, you might be sitting at the edge of your seat, itching to read what happens next, because you remember what happened to you, you're dying to know what happens to them! Its a real trip. :)

As a seasoned camino walker, I thought I had endured the worst that any Saturday-night 'writer' could pen about their journey...then I read this, and it set the bar even lower. Don't even consider

ordering this literary ordeal. I cringe to ponder the lives of the trees that were sacrificed in the printing of this book.

I have never done the Camino, but after reading Joe and Elaine's book I have to think that this book is a must read prior to setting out on this adventure. This book is actually more than a good read...it is an invitation into the lives of some very special people and their inner feelings/goals/dreams. I'm not a religious person, but I found the book to be both enlightening and entertaining. My way of approaching life is similar to Joe and Elaine's and I too believe that too many of us become trapped in our everyday lives with "comfortable" repeatable patterns and actually become stressed at anything that causes us to deviate from the plan.....life is worth living, so get out there. I look forward to future "adventures " with Joe and Elaine and I know you will too!

While Elaine endured enormous physical pain , it is the couple's trip of the mind and heart that held my attention throughout. I sometimes found Elaine's constant analysis of situations and people a little overbearing but it really is what you should expect from a person with her background. She is an unusual blend of a very good analyst balanced by a large dose of anxiety and fears. She battled on, facing her fears and resolving many issues and her caring nature was a pleasure to witness. Joe on the other hand constantly carried the bulk of their gear and physically could have walked a lot faster and longer. It was not until well into the walk that Joe faced his demons and I felt a bit of a bond with some of his thoughts. Their individual reviews at the end were very perceptive and Joe's confirmed some of my fears, and that is that you can return and be more unsettled than when you left. This would not apply to all but is an interesting observation. This book is well worth the read as it may not be a pictorial view of the physical but goes deeper into the effects it had on Elaine and Joe, and those they walked with. I'm glad I read it and encourage anyone considering the Camino to read it.

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