



Walking with Plato

Gary Hayden

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"A helpful and delightful reminder of the important things in life."

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"A compelling reminder that serious reading sustains—even transforms—lived experience."

— *Booklist*

All truly great thoughts are conceived while walking.' So said Friedrich Nietzsche, and so thought philosophy buff Gary Hayden as he set off on Britain's most challenging trek: to walk from John o'Groats to Land's End.

But it wasn't all quaint country lanes, picture-postcard villages and cosy bed and breakfasts. Disillusioned after another grueling day, his feet blistered and his back aching from lugging camping gear, he sought solace in the words of Plato: 'Everything that deceives may be said to enchant.'

In this humorous, uplifting and delightfully British tale, Gary finds solitude and weary limbs bring him closer to the wisdom of the world's greatest thinkers. Recalling Rousseau's reverie, Bertrand Russell's misery, Epicurus' joy in simplicity and Thoreau's love of the wilderness, *Walking with Plato* offers a breath of fresh, country air for anyone craving an escape from the humdrum of everyday life.

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