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Half an Hour a Day on Foot: An Obsessive Exploration of the Nature and History of the South Shore of Boston

By John J Galluzzo

Createspace, United States, 2010. Paperback. Book Condition: New. 249 x 175 mm. Language: English . Brand New Book ***** Print on Demand *****.Since December 31, 2008, I have walked a half an hour a day. While many Americans do this much and more, I ve challenged myself to find a new place to do so every twenty-four hours. Again, one might suggest that such a move is not so noteworthy, but there are two catches. First, there s my day job. As a naturalist and public program coordinator for Mass Audubon, my walks this past year have taken me to some amazing places: the former leper colony on Penikese Island off Falmouth, Massachusetts, for instance, to an ever-expanding boulder field in the Poconos, and the puffin breeding colony on disputed Machias Seal Island off the Maine-Canada border. Wearing my Mass Audubon hat - literally - I ve walked in Nova Scotia, Maine, New Hampshire, Massachusetts, Rhode Island, New York, Pennsylvania, Delaware and Maryland. Second, there s my side job. Proudly toting my history degree from the University of Massachusetts at Amherst, I ve published thirty books on the history of Massachusetts, the New England coast, and the United States Coast...



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