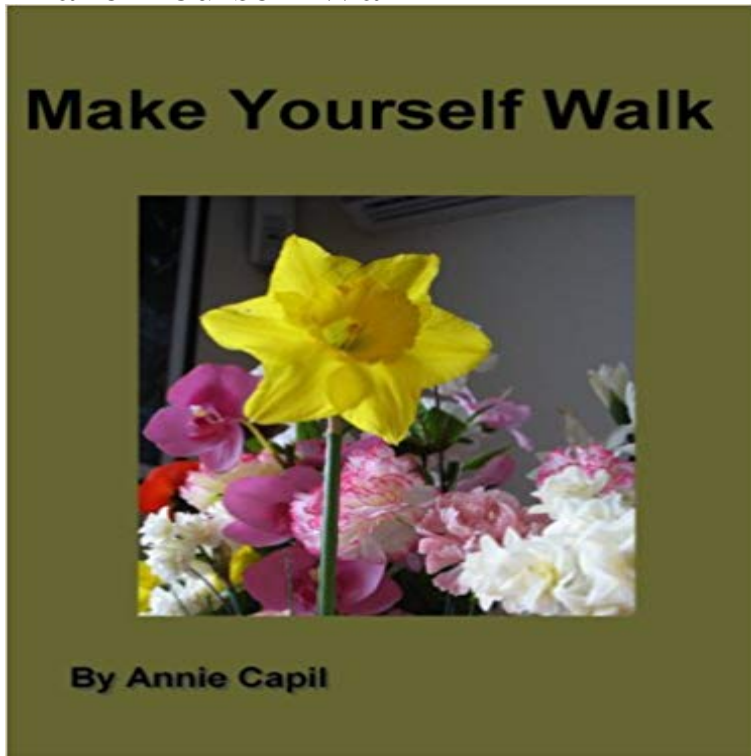


Make Yourself Walk



Make Yourself WalkBack in 95 I had an accident and found that I was paralysed. It took two days before anyone realised I was paralysed because I walked. I walked wrong but still I was walking. At the time I just thought that I was cold and that was why I couldn't feel anything. I had slid off the driveway in the snow and ice, fell from a great height and bounced on the road. So naturally I just thought that I was cold. (You know that horrible numb feeling when you get really cold). My walking was not sustainable I had to work hard at making myself walk. There seemed to be something wrong with the memories of walking and I was just using visual mind memories of what I should be doing when walking. People move and walk everyday without having to think about it. Just like breathing it is an automatic response. The subconscious mind controls breathing but the conscious mind controls movement and walking as it is a learned skill. Yet we don't have to think about it. I had to think about walking, moving, watching my hands and arms making certain they were doing what they were supposed to be doing and the same for my legs and feet, everything else just followed. This process was exhausting. Today I have most of my feeling back in my body

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Center TIPS FOR WALKING FASTER 1. Use good posture. Walk tall, look forward (not at the ground), gazing about 20 feet ahead. Your chin should be level and your **Walk Away the Pounds: The Breakthrough 6-Week Program**

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