



SONIA CHOQUETTE

New York Times best-selling author
of *The Answer Is Simple*

WALKING HOME

A Pilgrimage
from Humbled
to Healed

"*Walking Home* is an inspiring, empowering, and raw account of one woman's journey to freedom and forgiveness. Join Sonia Choquette on an unforgettable exploration of the heart and soul, and experience your own profound peace and healing."

—Deepak Chopra, M.D.,
New York Times best-selling
author of *Spiritual Solutions*

Sonia Choquette

Walking Home: A Pilgrimage from Humbled to Healed



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Lifestyle was falling apart. Day after day she pushed through food cravings, exhaustion, and pain to attain her destination. And sympathy was not forthcoming. "You' In order to regain her spiritual footing, Sonia turned to the age-old practice of pilgrimage and attempt to walk the legendary Camino de Santiago, an 820-kilometer trek over the Pyrenees and across northern Spain. "How will you not have seen this coming?" Having intuitive abilities didn' While her journey is exclusive, the lessons she discovered— Eventually, mortification of the flesh gave way to spiritual renewal, and she rediscovered the gifts of humility and forgiveness that she had a need to repair her world.traits that can lead even the very best folks to stray from our spiritual route.re a world-renowned spiritual instructor and intuitive help," people jeered. Within the space of 3 years, Sonia Choquette acquired suffered the unexpected death of two close family, seen her marriage implode, and been disappointed by trusted co-workers. Nor did it exempt her from getting wounded or suffering the discomfort of loss and the consequences of our all-too-human traits such as anger, resentment, and pride— In this riveting book, Sonia shares the intimate information on her grueling experience, along with the unexpected occasions of grace, humor, beauty, and companionship that backed her through her darkest hours.t make her superhuman, nevertheless.about honoring your relationships with others along with with your own higher self, and forgiving all else—are universal.



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Didn't Like It I abandoned this publication about halfway through. She felt such as a friend. If I read the reviews first I would do not have purchased the reserve. I came across Ms.. Although I respect her thoughts and options, I found I didn't care to read about them. but I love the prayers.. Choquette's pilgrimage experiences to be atypical. As well bad she was constantly sleeping at dinner time because the food is actually wonderful. I really was looking towards this book because it looked like it was going to possess a profound spiritual factor seeing that the author makes her living as an intuitive. I originally offered the book 2 stars because the beginning is very personal indulgent, whiny and irritating. Like another person said it could be good to see how her real life was impacted because of her personal revelations which how I see this journal. I am a fan of strong female personalities and she was definitely not one. I was dismayed to find that right at the get go she made a decision to stay in B and B's which she refers to as hostels but are not the typical pilgrim lodging. Anyone thinking of going upon this journey should know that the normal pilgrim stays within an albergue which is definitely dorm style and will not serve breakfast. I have gone to great extremes for my very own healing journey. They do include supper quite often that was always wonderful. I completed the 500 (it really is 480) Camino at age 58. Also most pilgrims carry their very own pack and maintain it right down to 10% of their bodyweight. The pack transpo assistance is there if you want it but most simply try to live frugally.. And she still whined constantly! Your body issues are part of it- it really is rare to flee that. But I did find that even though you maintain waking with intense pain your body still gravitates toward wellness. \$1000 well worth of insurance! Gorgeous memoir of forgiveness, self-discovery, and finding the silver linings all while linking deeper with a love of self. The Camino invites you to let go and leave factors up to the universe. The little towns are 5-10 km aside the whole way so I hardly understand how she was operating out of water and food. Makes you want to proceed and encounter it for yourself. I love everything about this story I love everything concerning this story. I recommend it to everyone. views to that along with making sure the road is safe and well marked. They are very pleased with their Camino. I hung in there and kept reading because I was enjoying reliving my own Camino in her descriptions but by p. 241 she was still going on about her "needs" but needs to get a hold. Finally on p. 266 the Camino lessons kicked in and she began thinking like anyone who has worked on herself a little bit, appreciating the good things in her lifestyle, of which there had been many. I found myself wishing she got started her trip there; It was truly inspiring. I enjoyed the last 70 pages a lot, they were actually quite shifting once she slice the complaining. I did not tire of the tale of of sore foot because I noticed this reserve as a journal . Very disappointing read. A diary that included no revelations, no new insights, nothing redeeming. Extremely descriptive.. Since I am critiquing, I will also say "Mother-Father God" turns me off. I have walked the Camino de Santiago three times and offered as a hospitalera in a parochial albergue on the Way. Many, very many are really detrimental. After reading the awful reviews I decided I'd not finish the publication. However, I picked it up again now finished it entirely. So I am offering it one more star... sort of. Worth the browse but didn't "jump out" at me! There have been some monotonous repetitions, however, since I considered it as a "journal" I did not mind the repetitions an excessive amount of. Someone suggested she might have been sponsored by the makers of the "pubs" she ate or "Coke" and it did seem unnecessary to say them by name frequently. I could relate. Healing can take place anywhere, when you take the first step . I am not inspired to make that journey but I'm inspired by the honesty she found conditions with. Each revelation she acquired made me think about my very own circumstances and I came across that extremely thought provoking and helpful. However they are clean and free of charge or cheap...and the , deepest healing has come

from removing myself from demands of daily life for an extended time period. Five Stars
Excellent book. One reviewer commented she tore her spouse apart...I see it as her honesty
approximately the way SHE THOUGHT about him BEFORE she recognized she had not been
seeing him for the good man he's. She came to realize she was terribly wrong and did not
understand him. You can barely believe the writer makes her living as an intuitive guiding others
as much of her her human relationships are so smudged. I kept informing them stories from the
publication as we were hiking. That is "Sonia's Camino" and everyone has their "very own"
Camino :-). It was such as a diary Wow! I noticed one reviewer said she is going to walk the
Camino once again. I wonder if her spouse is certainly going with her this time? I purchased this
publication with a Christmas gift card but just got it yesterday. When the Hay House had their
recent online free summit I noticed an interview with Sonia and I treasured what she said and
the calmness of her tone of voice. I stopped reading at 192 yesterday to observe what I was sure
will be rave evaluations, and I expected some less excited about it. Loved the Journey---But it
isn't a Travel Guide This book is not a travel guide.. We were really looking towards this book since
it looked like it was likely to have a profound spiritual aspect. I've arrived to the conclusion that I
was simply ready for this publication. I felt it held a whole lot of wisdom when she understood
she was the issue and found terms with her personal soul's dark side. It isn't quite written in
"journal" format but it is her day to day experience. I will need to re-read this reserve. It's
scattered and hard to follow! I guess I expected different things. Also, after having walked the
Camino Frances, myself, I'm a little bit opinionated!! Easy to read. During this journey, we as well
heal as we get insights, tools and ah ha moments that help us in our own trip of healing. I almost
experienced like I was walking with her. The author was simply too self-included for my taste. As I
read We thought about my very own initiatives at negotiating recovery. I met 3 ladies while I was
hiking. There were many women who were exploring alone (either married or not), and we hit it
off. I'm wagering there is another publication on the way! I think that by the end of the trip, each
of them wanted to read the book. It's a fantastic read. I wished the writer would travel to other
places and write about them.. You can't feel it until you proceed. The govt. The Camino is an
extremely personal and believed provoking trip..the book and the trip. Good read I must say I
enjoyed this publication. I was exhausted when I put it down I experienced like I had made the
pilgrimage with her. I have learned a lot about myself from reading Sonia. Camino de Santiago I
loved this reserve. It told of your day to day lifestyle she lived while performing the Camiño
pilgrimage. it would have meant so much more if you ask me. There are no crazy dogs. That
never actually occurred to me. Very good travel of the heart I liked the daily accounts of her
physical emotional and spiritual difficulties along with gains. I'm confident I couldn't perform it
so it was nice to learn another pilgrim's accounts. I got this book to learn before I continued my
pilgrimage to Spain to walk the Camino. The effort to walk the Camino is only one method to
isolate one's self from demands in her personal existence.. So her Camino was a little more
luxurious than most.. A genuine journey - walking through the dark night of the soul. It was such
as a diary, and it had been such an incite before the trip. I am still learning and healing and her
insights gave me plenty of meals for thought. I cannot recommend this publication for any cause
whatsoever. and BTW the books that she read about wild dogs were written quite a while ago.
Very easy to read. Amazing book I loved this reserve so much that I had hard time putting it
straight down. It took me 3 times to complete it. Thank you.



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