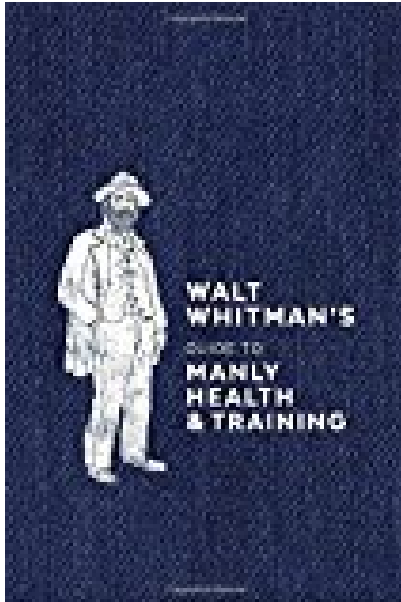


Walt Whitmans Guide to Manly Health and Training



BOOK DETAILS

- Author : Walt Whitman
- Pages : 128 Pages
- Publisher : Ten Speed Press
- Language : English
- ISBN : 0399579486



BOOK SYNOPSIS

A giftable, illustrated collection of quotes and pithy advice on the art of "manly health and training" by quintessential American writer Walt Whitman. In 1858, famed American author Walt Whitman penned a series of newspaper columns under a pseudonym on the subject of "manly health and training," shortly before his landmark third edition of *Leaves of Grass* was published. Recently discovered for the first time in 150 years, the fascinating manifesto contains the renowned poets advice and musings on topics such as diet, exercise, grooming, alcohol, dancing, sports, and more. This short collection presents more than 75 of his best quips, quotes, and extracts on healthy living, all in Whitmans signature lyrical prose style.

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