

**De Young, R. (2010) Restoring mental vitality in an endangered world:  
Reflections on the benefits of walking. *Ecopsychology*, 2(1): 13-22.**

## DOWNLOAD

### Article links:

[Deep Blue archive - Online article \(pdf\)](#)

[Deep Blue archive - Persistent URL \(hdl.handle.net/2027.42/83484\)](https://hdl.handle.net/2027.42/83484)

[EcoPsychology journal - Online abstract \(pdf\)](#)

### De Young links:

[Homepage](#)

[Localization Papers](#)

[Academic Publications](#)

[EPLab](#)