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# People Of Memorial Park: Stories From Houston's Favorite Trail



## Synopsis

This colorful coffee table book has 176 pages of beautiful photos and unique stories of 45 individuals who frequent the trail at Memorial Park. Although each story is unique, many people share experiences and feelings that unite us all. Those who come to Memorial Park on a regular basis find peace, beauty, health, encouragement, and a sense of community that no other gym, neighborhood, or city park offers. It is their home away from home.

## Book Information

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Average Customer Review: 5.0 out of 5 stars 5 customer reviews

Best Sellers Rank: #765,557 in Books (See Top 100 in Books) #211 in Books > Humor & Entertainment > Humor > Sports #245 in Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #369 in Books > Sports & Outdoors > Miscellaneous > Essays

## Customer Reviews

"In her wonderful coffee table book, *People of Memorial Park: Stories from Houston's Favorite Trail*, Stacy Holden vividly depicts the wonderful jewel that is the Bayou City's favorite park and the myriad of people who utilize its multitude of resources each day. The uplifting and inspiring stories of redemption and renewal--along with fantastic photography--will inspire readers to tackle and overcome their own hardships."--Lance Phegley, editor, *Texas Runner and Triathlete*"Memorial Park is my favorite place in all of Houston. In fact, seeing it when I flew into Texas for a job interview in 1991 convinced me to stay. Thank you, Stacy, for recognizing the importance of immortalizing this magical oasis in the heart of the city."--Lisa Malosky, CEO, Lisa Malosky Productions; former sports anchor, KPRC TV2; former cohost, *American Gladiators*"We are currently implementing a long-range master plan for Memorial Park. In our research to help inform this plan, we have found that people from over 150 zip codes from across the region visit Memorial Park. It is timely and important that a book like this help convey the love that Houstonians have for Memorial Park and the important role that the Park plays in their lives."--Shelley Arnold, president

and CEO, Memorial Park Conservancy

A place of restoration. A center of well-being. A trail of freedom. A path to enhancement. You have stepped into the hallowed grounds of Houston's beloved Memorial Park. A place where anyone's belongs . . . all that's required is a spirit of camaraderie and desire to improve oneself and the world around. Finding a trail so vital and so integrated with a community is a rarity, and that's just what Memorial Park is: a rarity, treasure, and pleasure for anyone who visits. Turn the pages and follow the many footsteps on the trail—those of the fast, slow, old, and young—and learn how one city's dedication to conserving its natural beauty and resources has changed countless lives, families, and organizations. Through others' perspectives, you will: find humor and appreciation for the diverse personalities who frequent the trail; find the inspiration to overcome difficult situations; and find the encouragement that anyone can be active. Follow the People of Memorial Park.

What a wonderful book! I lived in Houston from 2006 to 2013 and spent many days running at Memorial Park. Having moved recently to Virginia, Memorial Park is the one thing I miss the most about Houston. It is a special place and I knew I would miss it when I left. I stumbled across "People of Memorial Park" while browsing online recently and purchased it. I have been keeping it out on the table in a small sitting/reading area in my place and reading through it whenever I have time. I even recognize one of the people in the book from when I was running -- I remember him because he was so fast and was always sprinting past me and leaving me in the dust. I miss all the Saturday mornings when the park was packed with Marathon training groups and people out walking their dogs and pushing strollers and running and walking. Most cities don't have a place like Memorial Park, or at least not one as well-traveled and beloved, and I have thoroughly enjoyed reliving my time there through this book. Congratulations to Stacy Holden for coming up with a great idea for a book!

Such a great book. I keep it on the coffee table and read a story every so often. It is inspiring to see people that never give up, loving life, and just different perspectives. The author's story is especially touching to see her overcome lifelong health issues and staying positive.

This book is so interesting and entertaining! It stays in my living room and everyone loves looking through it!!

Love this inspiring book! Great mix of motivational and funny stories.

AWESOME BOOK!!! I leave it on my coffee table and everyone who comes over enjoys looking through the pages. Great pics and inspiring stories.

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