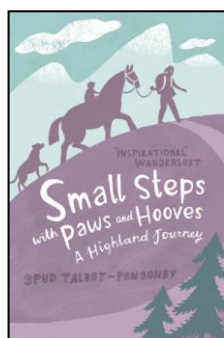


Summersdale Press Release: PUBLICATION: 5 April 2010

The account of an extraordinary Scottish walking adventure: a dog, a horse, an 11-month-old baby – and a feisty young mother who's battling with cancer



## Small Steps with Paws and Hooves

### A Highland Journey

Spud Talbot-Ponsonby

ISBN: 978 1 84953 043 9 PB 256 pp £7.99 April 2010



**"Spud was a single mother living in the Scottish Borders and was diagnosed with cancer when her son, Barnie, was only four months old. After undergoing a hysterectomy to remove the cancer – as well as any hope that she would ever have more children – Spud attempted to come to terms with the emotional and physical scars left by the disease ... Small Steps is much more than a travel book ... Spud's brave and insightful account will give entertainment, comfort and inspiration to many."** Bob Champion (jockey & cancer survivor).

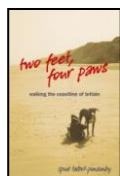
First published as *Small Steps with Heavy Hooves* in 1998, and hailed as "inspirational" by *Wanderlust* magazine, Summersdale are making this book available again in memory of the author who sadly died in early 2010. We hope it inspires a new audience and entertains those who are eagerly waiting to read the book again.

Meet Barnie, an 11-month-old human who is learning to walk as would be expected – but on footpaths in the Highlands! Meet Tess, the dog who likes nothing better than rolling in unmentionable smelly things! Meet Ben, the cart horse, who barely fits through a style! And discover the courage, wit and wisdom of Spud, a young mother who is fighting cancer and who takes this assorted menagerie on a (rather long) walk through the beautiful and challenging terrain of the Scottish Highlands. And meet Rob, who abandons his stethoscope for an OS map to accompany them all. It's his story too!

**This book will speak to so many, many people:** walkers and anyone interested in the Scottish Highlands; anybody who has suffered from cancer; parents of young children and, of course, animal lovers too!

**Author, Spud Talbot-Ponsonby** lived on a farm near Kelso in the Scottish Borders. She underwent further treatment for cancer during 2008/09. Very sadly, in early 2010, Spud lost her long and courageous battle with cancer. She was an inspiration to all who knew her.

**Also available again from Summersdale by Spud Talbot-Ponsonby:**



## Two Feet, Four Paws

### Walking the Coastline of Britain

ISBN: 978 1 84024 738 1 Paperback 320 pages £7.99 re-issued April 2009

"... will get you in the mood for pulling on those hiking boots. One woman and her rescue dog walk 4,500 miles of British coastline for charity ...inspiring and very funny." *The Derbyshire Times*.

"This is a fascinating read, holding one's attention throughout each section of the amazing journey." *Scottish Home & Country Magazine*. "Overall rating: 10/10 – funny, different, a unique insight into someone else's life in the way that no other travel book has touched me." *AgilityNet*.

**Small Steps with Paws and Hooves** and **Two Feet, Four Paws** are published by Summersdale and available through all good bookshops and internet booksellers or by telephoning Summersdale.

**To request review copies please contact Elly Donovan.**



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Press and Media Enquiries: Elly Donovan: [elly@summersdale.com](mailto:elly@summersdale.com)

46 West Street, Chichester PO19 1RP

Tel: 01243 771107 [www.summersdale.com](http://www.summersdale.com)