

Ep 10: Walking in Nature

author: Sarah Wilson

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Synopsis

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inLanguage	english

Simon (or Si as he prefers to be called) is 47 years old and lives in the UK. He has lived with anxiety since a traumatic incident in his childhood. In this, the final episode of the series, Sarah and Si discuss his journey, their shared passion of walking in nature and how Si has finally arrived at a place of purpose and meaning - his superpowered self. **Please note, this episode discusses topics including sexual assault, drug addiction and suicide.**

Reader's comments

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