

The Art of Flaneuring

author: Erika Owen

2026-06

Synopsis

author	Erika Owen
readBy	Andi Arndt
inLanguage	english

A fun and practical guide to cultivating a more mindful and fulfilling everyday life by tapping into your inner *flaneur* - perfect for fans of Marie Kondo and *The Little Book of Hygge*.

Have you ever been walking home from work and unexpectedly took a different path just to learn more about your neighborhood? Or have you been on a vacation and walked around a new city just to take it all in? Then chances are, you're a flaneur and you didn't even know it! Originally used to describe well-to-do French men who would stroll city streets in the 19th century, flaneur has evolved to generally mean someone who wanders with intention. Even if you've already embraced being a flaneur, did you know that flaneuring has benefits beyond satisfying your craving for wanderlust?

In *The Art of Flaneuring*, discover the many ways flaneuring can spark creativity, support a more mindful mentality, and improve your overall well-being, including:

- How flaneuring your mundane daily routine can boost your mental health.
- Why flaneuring isn't just for jet-setters - you can flaneur anywhere!
- How to manage your stress at the office by doing fun flaneur-inspired activities.
- How to use flaneuring to connect on a deeper level with your friends and partner.
- And so much more...

With this practical and engaging guide, you can learn how to channel your inner flaneur and cultivate a more creative, fulfilling, and mindful everyday life.

Reader's comments

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