



Gifts from the Mountain: Simple Truths for Life's Complexities

By Eileen McDargh, Roderick MacIver

Berrett-Koehler. Hardback. Book Condition: new. BRAND NEW, Gifts from the Mountain: Simple Truths for Life's Complexities, Eileen McDargh, Roderick MacIver, Whether you are a world-weary worker juggling the demands of a hectic life or a seeker of soul-satisfying experiences, this deceptively simple book is your key to refresh, renew, rethink and recharge. From an unexpectedly arduous backpacking trip, Eileen McDargh discovers truths from the experience. Deep in grime, grit, and grace-filled mornings, she finds insights for business, for relationships, for family, for life, and for the soul. Whether musing on wild onions or mosquitoes, river crossings or thunderbolts, Eileen shares lessons for understanding the mundane and the magnificent, the difficult and the delightful, the ordinary and the extraordinary."Mountains" become a lyrical metaphor for coping with life's complexities. You'll be reminded of what you may already know but have likely forgotten in the tension of time constraints, work worries, and family frustrations. McDargh will jar your memory, evoke new awareness, and spur you to action.



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Reviews

Complete guideline! Its this type of great read through. it absolutely was writtern quite perfectly and helpful. I am very happy to explain how this is basically the best book i actually have read through during my personal life and can be he very best book for at any time.

-- **Joshua Gerhold PhD**

A very awesome book with perfect and lucid reasons. It really is basic but shocks within the 50 percent of the book. Its been designed in an exceptionally easy way and is particularly merely right after i finished reading this ebook where in fact changed me, change the way i think.

-- **Meagan Roob**