



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

*Eileen McDargh*

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## **Gifts from the Mountain: Simple Truths for Life's Complexities** Eileen McDargh

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.

Illustrated with stunning watercolor paintings, Gifts from the Mountain helps you to pay attention to the process of life and take joy in the journey.

During a backpacking trek, Eileen McDargh discovered that mountains have incredible wisdom to offer if one has eyes to see and ears to hear. Just as the ocean inspired Anne Morrow Lindbergh's classic Gifts from the Sea, so too can a mountain become a lyrical metaphor for coping with life's complexities. Whether musing on wild onions or mosquitoes, river crossings or thunderbolts, McDargh shares lessons for understanding the mundane and the magnificent, the difficult and the delightful, the ordinary and the extraordinary. Each two-page spread features a full-color watercolor painting illuminating these concise, graceful reflections. Gifts from the Mountain helps us pay attention to the process of life and to take joy in the journey.

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