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A BK LIFE BOOK

235 Montgomery Street, Suite 650
San Francisco, CA 94104-2916
Fax 415.362.2512
www.bkconnection.com

Tiffany Lee, Publicity Manager
Phone: 415.743.6477 Email: tlee@bkpub.com
Peter Cavagnaro, Publicity Manager
Phone: 415.743.6469 Email:
pcavagnaro@bkpub.com

For Immediate Release

Gifts from the Mountain

Simple Truths for Life's Complexities

By Eileen McDargh
Illustrations by Roderick MacIver

Navigating one's way through a 24/7 world has left many on autopilot—too weary to pause and savor simple truths that can unravel and make sense of life's complexities that range from the boardroom to the bedroom, from the personal to the professional. The dilemma is: how can people slow down enough to discover such truths?

The answer: take a hike—a real hike with leadership expert Eileen McDargh. Her latest book, *Gifts from the Mountain: Simple Truths for Life's Complexities* provides a provocative pause that soothes the soul while offering profound insights discovered during an arduous backpacking trip.

McDargh invites readers to consider places they trek on a daily basis: those places where one climbs the corporate ladder, scales the next problem or surmounts the competition. She finds parables for daily living in the forged streams, the too-heavy packs, and the darkness of a tent. Her words encourage compassion and collaboration on a journey that is shared by many.

Just as the ocean inspired Anne Morrow Lindbergh's classic *Gifts from the Sea*, so too does a mountain become a lyrical metaphor for coping with life's demands. Whether musing on wild onions or mosquitoes, river crossings or thunderbolts, McDargh shares thoughts for understanding the mundane and the magnificent, the difficult and the delightful, the ordinary and the extraordinary. Each two-page spread in the book features a full-color watercolor painting illuminating these concise, graceful reflections.

Whether a world-weary worker juggling the demands of a hectic life or a seeker of soul-satisfying experiences, this deceptively simple, elegantly illustrated book is one's key to refresh, renew, rethink, and recharge.

More...

“This isn’t your common self-help book, but rather a self-think book that looks beyond the surface of work/life issues and goes to the heart of what really matters.”

—Mark Sanborn, author of *The Fred Factor* and *You Don’t Need a Title to Be a Leader*

“Gifts from the Mountain captures the essence of what my camera lens finds—a banquet of wisdom for those who would listen and learn!”

—Dewitt Jones, award-winning *National Geographic* photographer, author, and professional speaker

Eileen McDargh, CSP, CPAE, is an internationally recognized keynote speaker, consultant, and business author. She is a certified speaking professional and member of the National Speakers Association’s Speaker Hall of Fame. She is the author of numerous books, including *Work for a Living*, *Still Be Free to Live*, *Talk Ain’t Cheap—It’s Priceless*, and *The Resilient Spirit*.

Roderick MacIver is the founder of Heron Dance Press & Art Studio, a nonprofit organization that publishes a quarterly journal, sponsors workshops, and offers original art and prints.

BK Life titles help people create positive change in their lives and align their lives with their aspirations for a better world. They show people how they can improve their lives in ways that are beneficial for the families, organizations, communities, nations, and world in which they live and work.

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