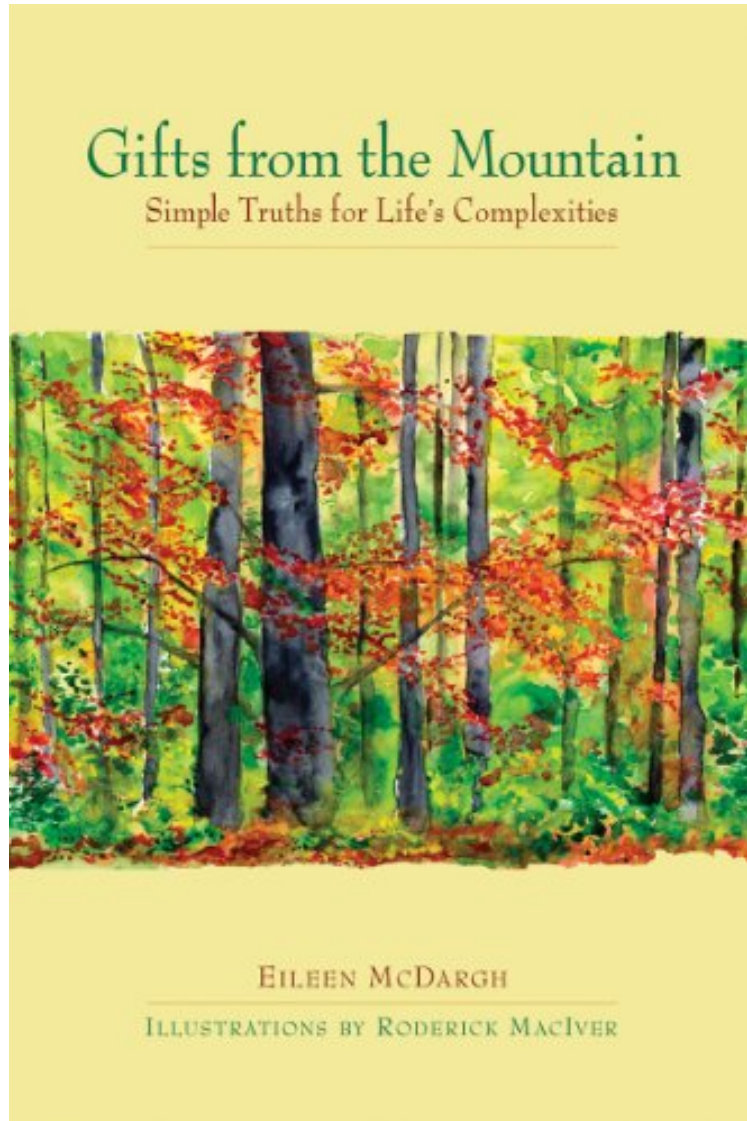


[Download pdf] Gifts from the Mountain: Simple Truths for Life's Complexities

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

*Eileen McDargh*

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**Eileen McDargh : Gifts from the Mountain: Simple Truths for Life's Complexities** before purchasing it in order to gage whether or not it would be worth my time, and all praised Gifts from the Mountain: Simple Truths for Life's Complexities:

0 of 0 people found the following review helpful. Many meaningful lines of thoughtBy Prakash AcharyaThis book is not only meaningful for people who have had experience trekking the mountains but also for other people without having such experience.0 of 0 people found the following review helpful. very goodBy Ching Hong HsuehI read this books several times as a bedtime reading. It can smooth my mind and spirit. I sincerely recommend this book.0 of 0

people found the following review helpful. A remarkable 114-page compendium By Midwest Book Review Enhanced with full color illustrations by Roderick MacIver, "Gifts From The Mountain: Simple Truths For Life's Complexities" by Eileen McDargh is a remarkable 114-page compendium of advisory truths for daily living that would be applicable to every man and woman regardless of their situation or circumstance in life. MacIver writes with a kind of lyrical metaphor when dealing with life's demands. The result is a collection of individual wisdoms that are universally applicable and enthusiastically recommended. 'Every Ounce Counts': Hike enough and you trim the weight/of what you carry. You learn that pita bread/weights less than squaw bread; dried apples weight less than/trail mix; ramen and dried vegetables weigh even less/than some freeze-dried entrees. you discover/you can share a tube of toothpaste. Ditto deodorant,/sunscreen, and bug repellent.//How often do we encumber our civilized life with things/we WANT instead of things we truly need?//Choose what you carry carefully./I never saw a hearse with a U-haul behind.

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.

From the Back Cover Refresh, Renew, Rethink, Recharge "Eileen McDargh is the oracle we seek on every mountaintop. If we are open to the adventure, she shows us every pebble, every sunrise, every hardship, and every breathless moment of joy we will encounter on our journey. You have in your hands a map to the rest of your life. What an amazing gift!" --Bill Jensen, author of Simplicity and What Is Your Life's Work? "You'll take a deep breath, appreciate the beauty of this journey called life, and find wisdom for business and home. What a joy this book is!" -- Joe Calloway, author of Becoming a Category of One, Indispensable, and Work Like You're Showing Off "Simple and inspiring with lessons that ring true and often go unnoticed. It makes you pay attention to the process of life and take joy in the journey." -- Dr. Eunice Parisi-Carew, coauthor of The One Minute Manager Builds High Performing Teams "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 "Wonderfully profound .... It's as if Thoreau meets Lao Tzu on the trail and we are fortunate enough to overhear their wisdom on what the wilderness has to offer 21st century civilization." -- Jeff Salz, PhD, explorer, adventurer, anthropologist, and author of The Way of Adventure "Eileen has given us practical nuggets of wisdom about living life to its fullest. Gifts from the Mountain is psychologically sound, and it inspires both fresh insight and positive action. I'll be recommending this book to all my clients who want to keep climbing ever-higher." -- Beverly Smallwood, PhD, Psychologist and author of This Wasn't Supposed to Happen to Me! About the Author Since 1980, Eileen has become noted as a powerful international keynoter who speaks the truth with clarity, wisdom, humor and compassion. Longstanding clients and repeat engagements attest to her commitment to make a difference in the minds, hearts, and spirits of organizations and individuals. For successive years, Executive Excellence magazine has ranked her as one of the top 50 thought leaders in leadership development. She draws upon practical business know-how, life experiences and years of consulting for major national and international organizations ranging from global pharmaceuticals to the US Armed Forces, from health care associations to religious institutions, from American Airlines to Xerox, from 3M to IBM, from drill foremen in the Arctic to juvenile offenders in prison. She authored Work for a Living and Still Be Free to Live, the first book on work/life balance which continues to be published in revised editions. Subsequent books include The Resilient Spirit and Talk Aint Cheap: Its Priceless. Eileen is a certified speaking professional (CSP) and her selection into the Speaker Hall of Fame places her among the top 3% of the 4500-member National Speakers Association..