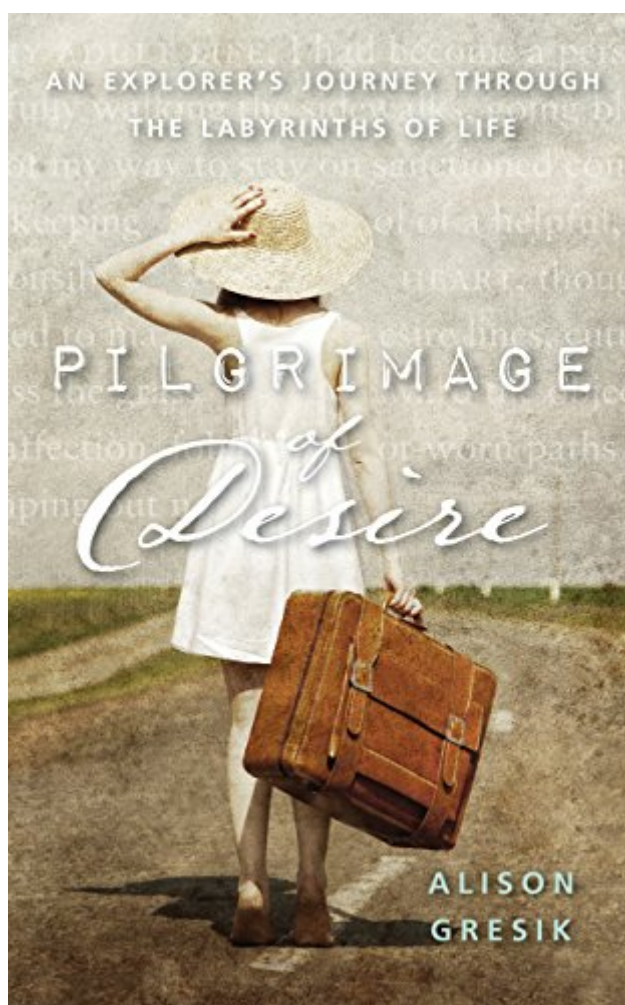


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Pilgrimage Of Desire: An Explorer's Journey Through The Labyrinths Of Life



Synopsis

"Trying to craft a meaningful life and wanting someone's story to accompany you? Read this book. Alison is an extraordinary writer and thinker - her prose and her insights have me reading and rereading her words. This is Eat, Pray, Love for real life. I adore this book!" Jennifer Loudon, best-selling author of The Woman's Comfort Book and personal growth teacher

What happens if you neglect your creativity for too long? You can stumble into depression. As a young adult, Alison Gresik longed to make her mark on the world as a writer. But after university, she got sidetracked by all the demands of ordinary life. Soon she joined the ranks of the walking depressed: working, volunteering, and looking after her family, all while profoundly unhappy. Alison found the path out of depression by following her desires "to write, to travel, to become a mother and a creativity coach. Eventually she left ordinary life behind. Her husband quit his job and they sold their house and headed out on an open-ended trip around the world with their kids, aged five and three. Alison's story of recovery and adventure is interspersed with coaching questions and exercises, which help readers take their own steps toward happiness. From a honeymoon in Newfoundland, through two adoption trips to China, and on a year-long sojourn in Malaysia and Holland, come along with Alison Gresik on a heroine's journey to joyful creativity.

Book Information

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Customer Reviews

Pilgrimage of Desire is a beautiful, funny, illuminating book. I literally could not put it down! Gresik does a wonderful job of communicating subtle, powerful truths with humor and delicious detail that make you feel you are living her adventure right along with her. As you share the sometimes funny, sometimes bumpy, sometimes transcendent journey with the author, you can't help but absorb the underlying messages of possibility, courage, patience, and faith that she weaves into the story. And to help you do that, there are simple, easily implemented companion exercises in each chapter to support you in your own journey through the labyrinth that Gresik has created with this book. I highly recommend this book to anyone who struggles with depression, anyone who is involved in creative pursuits, or anyone who wants to take a look at their own life's journey with fresh eyes and a compassionate heart! It's life changing!

This book rekindled my desire for writing. Although selling everything and going around the world may be look extreme to most people, sometimes, to get what you never got, you must do what you never did. For some people, it is huge moves like Mrs Gresik did. For others,(like me,) it may mean quitting a soul-crushing day job to make some place for your art, even if it means lowering your living expenses a lot and being ready to take any dull job should you see the end of the money you saved. Above all, this book is very helpful to creative people who got sidetracked by life on their journey to make art part of their daily lives, and who feel life has lost all meaning. It asks good questions, and will help you gain perspective on your situation. It is a relatable personal journey, a book written for people who are struggling to "fit in" and who have to battle depression caused by a loss of meaning. I strongly recommend reading it whole once, and then again to make the exercises Mrs Gresik suggests.

This is an intimately told story of one woman's examination of depression, motherhood, daughterhood, faith, home, desire and creativity -- all while travelling abroad with her young family and writing a book. It's the pleasure of travel memoir with the added texture of creativity coaching exercises at the close of each chapter. It's unlike any book I've ever read and I have a feeling there are parts of it I will always remember. (For starters, that beautiful scene in the labyrinth!)

This is an interesting piece that softly invites you to stop and think. And then keep on moving, I feel there is a little something for most people in these lines. Overall enjoyed the pilgrimage.

This is a life changing book. I can't believe I just stumbled on it and it turned out to be one of the best books I have ever read. I guess I was meant to read it since it was written for me :-)

Thank you, Alison for sharing your journey in an honest and entertaining way. I relate to you in so many ways and it is always nice to hear from a writer who makes their own way and takes the advice of others but makes it her own.

This book is call to embrace the creative pull in you no matter the circumstance. I really like how this book is frank about the ups and downs of life. I could relate to Alison without having had a lot of her experiences. This is a great book for acknowledging and holding space for your creativity amongst the chaos of daily life. Great Read!

I totally LOVED this book! It was very well-written and I found the exercises very meaningful and helpful. I would love to have a hard copy!

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