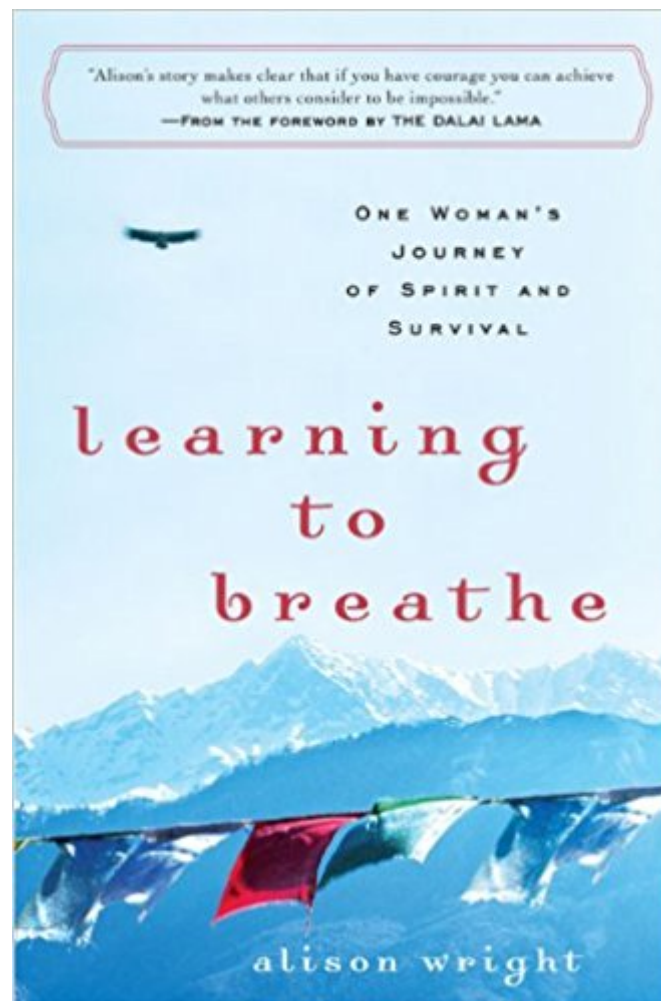




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# Learning To Breathe: One Woman's Journey Of Spirit And Survival



## Synopsis

An extraordinary spiritual memoir about the will to survive . . . one breath at a time Alison Wright, covered human conflict with her camera until her own life was nearly cut short during a horrific bus accident with a logging truck on a remote jungle road in Laos. Suffering fromÃ AÂ excruciating life threatening injuries she drew upon her years of meditation practice, concentrating upon each breatheÃ AÂ believing it to be her last.Ã AÂ Wright's recent memoir, "Learning to Breathe; One Woman's Journey of Spirit and Survival," chronicles this inspirational story of survival and years of rehabilitation, and her ongoing determination to recover and continue traveling the world as an intrepid photojournalist. The book details her ascent of Mt. Kilimanjaro as well as her circumambulation of Mt. Kailash in Tibet.

## Book Information

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## Customer Reviews

Photojournalist Wright has gone to the ends of the earth, including some mountaintops, in a career that has documented the human wonders of the world, especially resilient children and endangered cultures. In this memoir she turns her lens on herself and her own astonishing story. The victim of a horrific bus crash in Laos in 2000, Wright should have died of her grievous injuries. She survived, and in this book retraces the steps of her journey of physical recovery, spiritual development and literal return to the scene of the crash. An Asia enthusiast, the author was led by work and temperament to Buddhism and some of Asia's most compelling Buddhist figures, including Burmese dissident Aung San Suu Kyi and the Dalai Lama, who contributes a foreword. Wright's editors owe

this tale of courage and gratitude more respect in the form of harder editing. The author's spiritual insights are fascinating and should have been teased out more. A chapter set in Australia is an interesting but irrelevant sideshow, and chronology is occasionally confusing. This inspiring story deserves a wide audience and better editing. (Aug. 14) ""Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved." --This text refers to an alternate Paperback edition.

"[A] profound writer... a true pilgrim...There is muscle and tears here, and the fiercest flame of inspiration." --Richard Gere  
"Photojournalist Wright has gone to the ends of the earth, including some mountaintops, in a career that has documented the human wonders of the world, especially resilient children and endangered cultures. In this memoir she turns her lens on herself and her own astonishing story  
| The author's spiritual insights are fascinating.  
• Publishers Weekly  
"Wright's seize-the-day attitude and fierce determination to reach the summit will spur you to hurdle whatever obstacles might lie in your path."  
• Self  
"Alison's story makes clear that if you have courage you can achieve what others consider to be impossible."  
• From the Foreword by the Dalai Lama

Learning to Breathe is quite a read on one woman's incredible journey from a near life ending experience. It is a great timeline of amazing determination on the will to survive. The patience to over come extreme challenges and finding the calm to reach a rewarding horizon...Miss Wright's story is not just of near tragedy, but one that takes the reader into the world of Photo Journalism. A world that comes with great adventure, challenges, and rewards from helping people across the world  
| Alison Wright is a true inspiration to all that follow her in all of her works. The world is a much better place with her in it and we should all feel fortunate that her passion carries on  
| One can only hope that more literary works from her career are being planned. There is much to share and I know this reader looks forward to it...

I met the author on rafting trip in Africa. She was absolutely captivating and inspiring.

I had the pleasure of meeting Alison on a sailing voyage in the Caribbean last December. (I am a travel agent, and I thought I had traveled a lot until I met her!) She was so full of interesting stories about her many adventures that I had to buy her book when I got home. I was not disappointed --

"Learning To Breathe" was an extraordinary tale of her work as a photojournalist as well as her amazing recovery from that terrible accident. I hope to one day be as courageous as she continues to be!

A tale of unimaginable courage and fortitude. Author, Alison Wright, details her journey from near death to recovery and how she achieved that through a combination of inner spiritual strength and a vast support network that included family, friends and the compassion of strangers. If you want your spirits lifted, if you want to have your faith in humankind rekindled - this is a must-read. Set your mind and soul back to its factory-defaults.

I'm glad I read this book. It's not what I thought it would be about but I'm glad I read it. This woman's amazing recovery is inspirational for anyone needing hope in times of great difficulty. Having said that I was waiting for a bit more philosophical perspective and a little less self-promotion. This story is tragic and I don't discredit that by any means. My feeling is that as a reader I was looking for more spirituality on the journey. Sometimes the book feels like a "look what I've done" and less a story of where she is going. I applaud Alison's courage, determination and hope. And I am impressed that her meditation practice helped her to live, for without that she would not have survived at all.

Learning to Breathe is an inspirational story told from the heart of a true explorer. I could not turn the pages fast enough and was only let down by the fact that the book had to end. Alison's story will inspire you to live life to the fullest and never let a day slip away without taking advantage of the challenges and adventures it provides.

A truly inspiration story! Plus, I have met Alison and have heard her true story in person as well. It shows that miracles do happen.

An incredibly inspiring book!! I met the author when I was traveling in Rwanda. Her exuberance for life and her love of her work was joyous. When I came home I had to read her book, Learning to Breathe. This is one of those books that makes you appreciate each and every moment of life!

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