



Walking Still: From the Heights of the Himalayas to the Depths of the Mind

By Marla Sutherland

Sushila Press. Paperback. Condition: New. 368 pages. Dimensions: 8.0in. x 5.2in. x 0.9in. Having lost her way at thirty, Marla abandoned a frenetic, addictive lifestyle to seek a new direction. A chance encounter pointed her toward the East: Nepal - a mountainous kingdom that beckoned with visions of Shangri-La, and India - a vast and exotic land where she experienced ten days of Noble Silence in a Vipassana meditation course that would forever change her life. Stepping out of an expected life into an unimagined one, Marla traversed the landscape of India and trekked into the Himalayas of Nepal, only to discover it was the inner journey to the depths of her own mind that would illuminate a path to self-knowledge, wisdom and peace. Brimming over with warmth and humor, WALKING STILL is a captivating tale of one woman's solo journey that transports the reader to unexpected places and reveals insights that touch us all. This item ships from multiple locations. Your book may arrive from Roseburg, OR, La Vergne, TN. Paperback.

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