

Landscape of the Now: A Journey of Healing, Self-Discovery, and the Beauty of the Present Moment



Landscape of the Now: A Topography of Movement

Improvisation by Kent De Spain

★★★★★ 5 out of 5

Language : English
File size : 2951 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 208 pages
Lending : Enabled



A Journey of Healing

In the wake of a personal crisis, author and artist Sarah Jane Szikora embarked on a journey of healing and self-discovery. She left behind her familiar life and traveled to remote and beautiful places, seeking solace in nature and the wisdom of ancient traditions.

Landscape of the Now is a deeply personal and moving account of Sarah's journey. She shares her experiences with honesty and vulnerability, inviting readers to join her on a journey of their own. Through her words and evocative photographs, she explores the power of nature, the importance of mindfulness, and the transformative potential of the present moment.

Self-Discovery and the Beauty of the Present Moment

Landscape of the Now is a book about finding hope and healing in the face of adversity. It is a reminder that even in our darkest moments, there is always beauty to be found. By embracing the present moment, we can open ourselves up to a world of possibility and wonder.

Sarah's journey is an inspiring example of how we can all find healing and self-discovery. She shows us that by opening our hearts to the beauty of the present moment, we can transform our lives and create a future filled with hope and possibility.

Reviews

"Landscape of the Now is a beautifully written and deeply moving account of a journey of healing and self-discovery. Sarah Jane Szikora's words are honest, vulnerable, and inspiring. She invites readers to join her on a journey of their own, a journey of healing, self-discovery, and the beauty of the present moment." - Maria Shriver

"Landscape of the Now is a book that will stay with me for a long time. Sarah Jane Szikora's writing is lyrical and evocative, and her photographs are stunning. She captures the beauty of the natural world and the human spirit in a way that is both deeply moving and inspiring." - Elizabeth Gilbert

"Reading Landscape of the Now is like taking a deep breath of fresh air. Sarah Jane Szikora's words and photographs have a way of calming the mind and opening the heart. This is a book that will inspire you to live more fully in the present moment." - Oprah Winfrey

About the Author

Sarah Jane Szikora is an author, artist, and teacher. She has been featured in publications such as The New York Times, The Guardian, and Oprah Magazine. Her work has been exhibited in galleries around the world.

Landscape of the Now is her first book.

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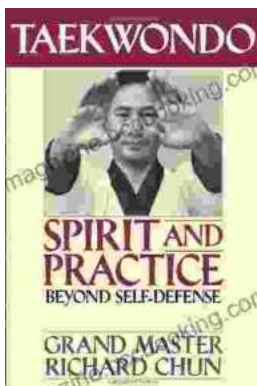


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