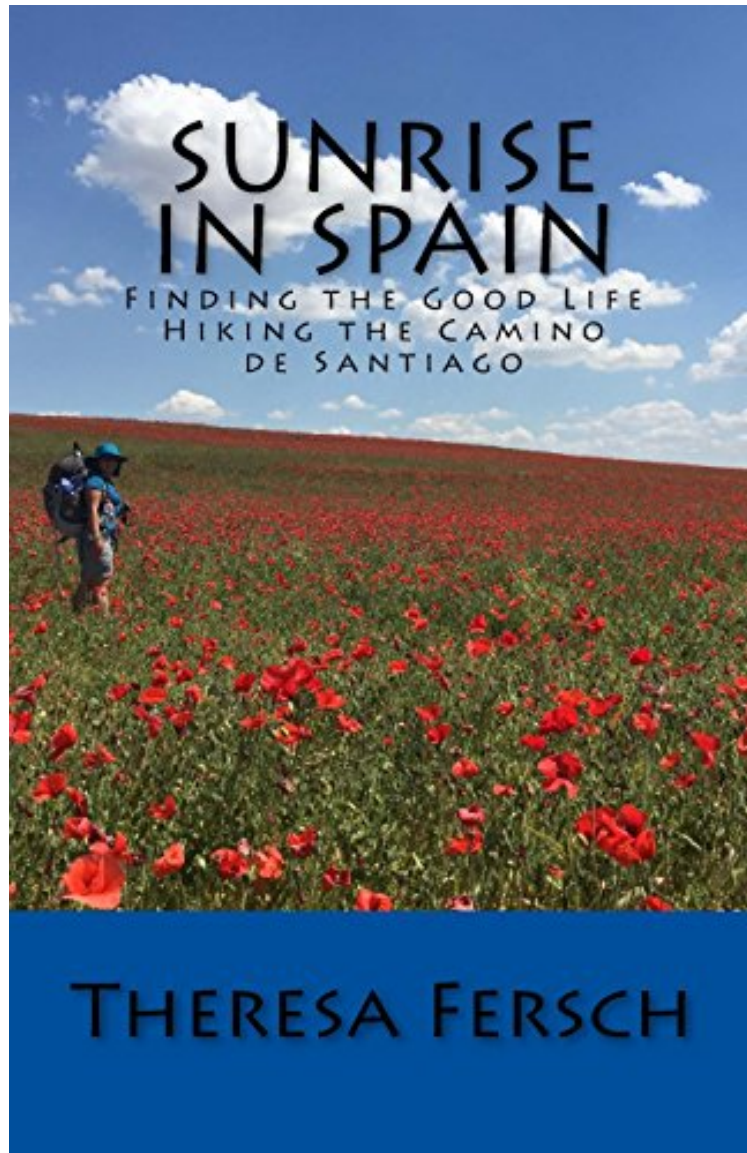


(Download free pdf) Sunrise in Spain: Finding the Good Life Hiking the Camino de Santiago

Sunrise in Spain: Finding the Good Life Hiking the Camino de Santiago

Ms. Theresa Fersch

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Ms. Theresa Fersch : Sunrise in Spain: Finding the Good Life Hiking the Camino de Santiago before purchasing it in order to gage whether or not it would be worth my time, and all praised Sunrise in Spain: Finding the Good Life Hiking the Camino de Santiago:

5 of 5 people found the following review helpful. A funny, engaging read for pilgrims and explorers
By Jennifer Hofmann
As a two-time pilgrim myself, I thoroughly enjoyed this book about an energetic, positive-thinking woman's solo pilgrimage across Spain. I could really relate to her as a reluctant pilgrim doing something completely out of her comfort zone. At times, I found myself laughing out loud at the quirky situations and characters that show up on her path and how she dealt with each. It isn't meant to be a guidebook, but her descriptions of the difficult illness and pain she encountered--and the challenges of walking with her spouse at the end--were interesting and useful to read. Although the book originates from the blog the author wrote while on the path, the narrative is smooth and not patched-together the way some blog-to-book projects can be. The author shared insightful reflections about the meaning of the experience in hindsight. In fact, the last chapter--written six months in hindsight--is one I appreciate most. Many Camino narratives focus only on the journey itself and lack context. Forsch does a great job of helping the reader understand the inner changes this pilgrimage can inspire in everyday life. Highly recommended.
1 of 1 people found the following review helpful. A fascinating walking memoir
By SJA
A great personal account of the author's camino in Spain. Theresa holds nothing back, of the journey, or of the personal transformation that she experiences in herself as it unfolds within her. What I really liked was the feeling of actually journeying with her, as she writes her journey everyday. Its a warts and all book, so if you are looking for warm and fluffy, you won't get that. What you will get is an honest, well written account of one woman's camino, and all the 'things' she discards, and the unexpected gifts that the Camino provides. Having done one camino, and written about it, I can appreciate the author's effort in both the walking and keeping up with the writing along the way. The descriptions of the cities, the albergues and the people make me want to get up and get out there right now!!
3 of 3 people found the following review helpful. Didn't want it to end!
By Tenille and Diane Webb
I didn't want this book to end. I've read 20+ books on personal Camino travels and this one touched my heart in many ways. Very well written and priceless inspiration! Loved hearing about all the camino trail relationships, honest and forthright reviews of food, terrain, weather, albergues, challenges and loved her sense of humour!!! A must read for anyone contemplating the Camino de Santiago! I read on the Kindle and then ordered a printed copy to have to refer to when I do MY Camino for extra inspiration.

Theresa did not consider herself an adventurer before her trip; yet somehow this smaller-than-average but larger-than-life woman, at the age of 34, found herself in the middle of rural Spain, having the adventure of a lifetime. Sunrise in Spain shares Theresa's epistolary account of the most exciting moments of her journey across the 500-mile Camino de Santiago pilgrimage, from Saint-Jean-Pied-de-Port, France, over the Pyrenees Mountains, and across Spain to the famous cathedral in Santiago de Compostela. Entering the trail with a practical perspective of her hiking journey, Theresa was skeptical of the transformative nature of the pilgrimage, which is often described in three phases: the breakdown and rebuilding of the pilgrim's body, mind, and soul, in that order. To her surprise, each phase had a significant impact. She immersed herself in the intangible and overwhelming gifts of the Camino, persevering through the numerous physical and mental challenges she encountered. And ultimately, what Theresa found on the Camino was nothing less than a miracle. The genuine kindness and generosity among strangers, lifelong friendships held together by powerful bonds, self-discovery, and countless inspirational moments fulfilled her heart and soul in a way she'd never imagined. Completing the Camino de Santiago was the thrill of Theresa's lifetime, and awakened in her a thirst for continued exploration, adventure, and discovery. She offers Sunrise in Spain as an inspiration to others to open their eyes to the world around them, take notice of the people they interact with each day, push their limits to discover their true capabilities, and undertake something amazing for themselves.