



# Learning to Breathe: One Woman's Journey of Spirit and Survival

*Alison Wright*

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# Learning to Breathe: One Woman's Journey of Spirit and Survival

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**Learning to Breathe: One Woman's Journey of Spirit and Survival** Alison Wright

**An extraordinary spiritual memoir about the will to survive . . . one breath at a time**

While traveling in Laos on a winding mountain road, the bus that award-winning journalist Alison Wright was riding in collided with a logging truck. As she waited fourteen hours for proper medical care-in excruciating pain, certain she was moments from death-Alison drew upon years of meditation practice and concentrated on every breath as if it would be her last.

Despite countless surgeries and a grueling recovery, Alison set herself the goal of achieving a new dream: to one day climb Mount Kilimanjaro-and she reached the summit on her fortieth birthday. Gasping for air once again, she stood at the highest point in Africa, determined to never again take a single breath for granted. Perfect for readers who love spiritual authors traveling abroad, such as Elizabeth Gilbert (*Eat, Pray, Love*) and Greg Mortenson (*Three Cups of Tea*), this memoir is an amazingly inspirational tale of how a life-changing accident transformed one woman's faith.

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