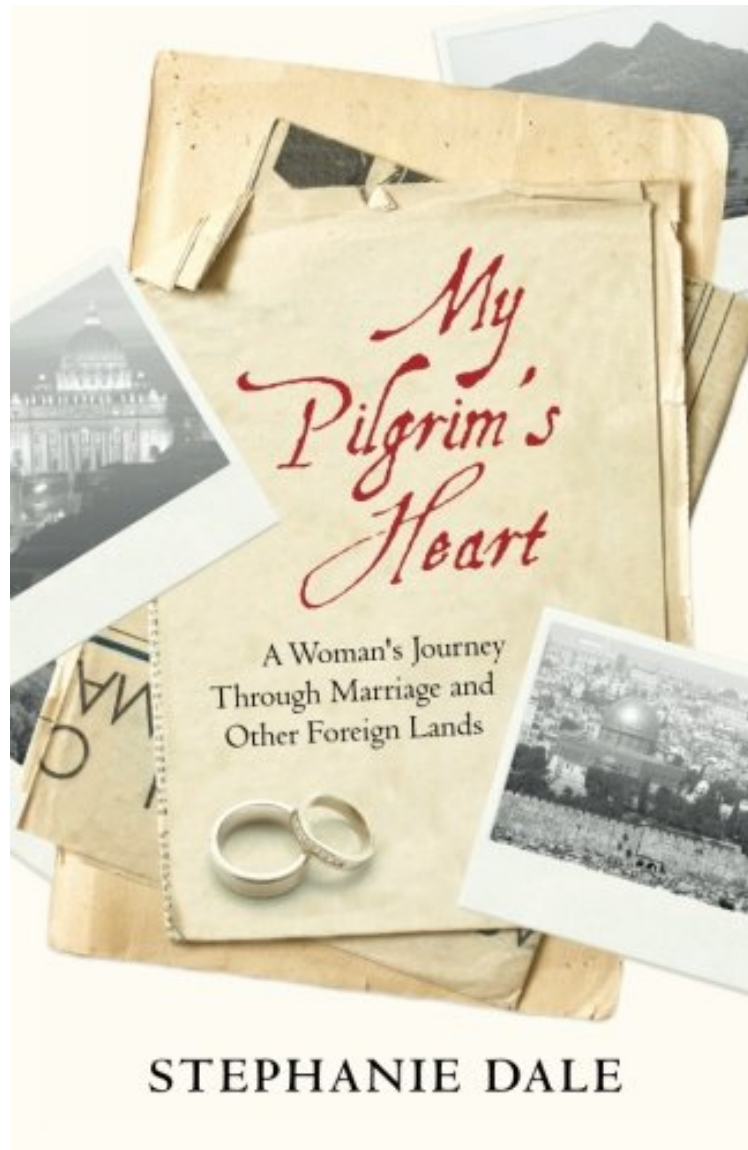


# My Pilgrim's Heart: A Woman's Journey Through Marriage and Other Foreign Lands

*Stephanie Dale*

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**Stephanie Dale : My Pilgrim's Heart: A Woman's Journey Through Marriage and Other Foreign Lands** before purchasing it in order to gage whether or not it would be worth my time, and all praised My Pilgrim's Heart: A Woman's Journey Through Marriage and Other Foreign Lands:

3 of 3 people found the following review helpful. I loved it for all the reasons I hated Eat, Pray, LoveBy Mary Lavers

(in Canada) My Pilgrim's Heart is unlike any book I've read before, and yet it's strangely familiar, as if reading it has awakened in me something long forgotten. Maybe it's because it reminds me of theological books I read in my university days, studying Religious Studies at McGill University; not the stuffy textbooks about nineteenth century German philosophers, but the modern, personal accounts of applied philosophy, of practical theology (two of my favourites of these were by Father Thomas Ryan). And Stephanie Dale's story is certainly one of applied philosophy. This book is a memoir of the author's "pilgrim's path" walk from Rome to Istanbul with her grown son (who was actually travelling from Canterbury on foot), a journey that is as much about spiritual and personal meditation as it is about travel. As Dale recounts her trip, she also reflects on her life before, during and after the walk, specifically the fragile state of her recent marriage. Though she may not be able to save her marriage, she is able to come to terms with why it wasn't working and what wasn't working in herself. As I write this, I suppose it sounds trite. Oh, she went for a walk and she found herself. But the book does not sound trite at all. It is sincere, reflective, poetic but not flowery, moving but not twee. I loved it for all the reasons I hated Eat, Pray, Love (it's the anti-Eat, Pray, Love). Where Elizabeth Gilbert was affected and entitled, Stephanie Dale is open and sincere; where Gilbert was pompous and showy (look at me praying! look at me dating Italians! look at me being amazing!), Dale is vulnerable and thoughtful. Plus, she walked like a billion miles so she's entitled to be a wee bit philosophical (or delirious or whatever) by the end of it! This review first appeared on my blog, Cozy Little Book Journal, on Nov. 6, 2012. Disclaimer: I received a free copy of this book from the publisher through the LibraryThing Early Reviewers program. I was asked to post an honest review (though not necessarily a favourable one). The opinions expressed are strictly my own. 1 of 1 people found the following review helpful. Passionate, authentic and free-spirited By Customer I loved reading this book. I was immediately drawn in by Stephanie's honest, insightful writing. The book describes the author's yearning to leave the mundane behind and join her son on an adventurous overland pilgrimage to the Middle East. Before we know it, she decides to leave a non-communicative husband behind on a verandah in Australia, and sets off on an exciting trip that takes her through different European countries, mainly on foot. This book goes deep - deep into the heart of the writer, shining light into every crevice of her being as she journeys through the different landscapes. She examines everything: herself, her life, her marriage, her relationship with her son. She does so intelligently, compassionately and poetically. As a fellow traveller, I could relate to 'A Pilgrim's Heart' extremely well, for every journey has hidden destinations that the traveller is not aware of. Stephanie Dale is a courageous free spirit who isn't afraid of living life to the full, moment by moment, and taking the reader into every layer of her personality. Her writing is honest, raw in instances, beautiful and inspirational. It's a brilliant book that will inspire others to live life more authentically and passionately. 2 of 2 people found the following review helpful. Walk with me in wonder - travels in both inner and outer worlds By Al Journeying with Stephanie is an adventure I didn't want to end. If you are looking for a brilliant guide and travel companion Stephanie delivers on all levels. The descriptive writing in My Pilgrim's Heart is of a calibre that transports and then allows the reader to fully enter the experience. Multi-layered, creating space to wonder, delight, inspire, expand and enrich all who are willing to open themselves up to the treasures in this book. Walking across Europe alongside her son, Stephanie shares with a searing self honesty. Tempered with her humour, warmth and wisdom this produces some absolute gems of insight and encouragement for everyone to be as brave hearted. Read this book and allow yourself to expand beyond your boundaries and let yourself be moved .....

Award-winning Australian journalist Stephanie Dale shares with readers a very long walk she took in 2007 as she took time from her newly minted marriage to join her son Ben for a walkabout journey from Rome to Istanbul, all on foot for Ben; mostly on foot for Dale. It was during this walk that Dale not only traveled the beautiful countrysides of Europe and the Middle East, she also visited the inner landscapes of her mind and marriage. She took what she saw and experienced and put it on paper. The result: My Pilgrim's Heart.

"A born storyteller with a gift for adventure." --Susan Maushart, best selling author journalist "The longing is the path. These words encapsulate the power, intensity and emotions of Stephanie Dale's My Pilgrim's Heart. Her struggle to release herself from a broken marriage comes step by step on a long walk from Rome to Istanbul. Along the way she realizes that she is in fact the true love of her life. If only all women could understand the same. Readers who liked Eat Pray Love will have a whirlwind romance with Dale's My Pilgrim's Heart." --Laine Cunningham, Award-winning author of Message Stick About the Author Stephanie Dale is an award-winning journalist, author and publisher who likes to take very long walks. In 2014 she founded The Write Road, a creative initiative for brave new and unpublished writers that specialises in isolation (geographical, institutional, social, cultural). Stephanie is the author of two books: the novel, Hymn for the Wounded Man, and a travel memoir, My Pilgrim's Heart, both of which were published by her own imprint, Voyager Moon. My Pilgrim's Heart takes the reader on a walk across Italy, through the Balkans and into the Middle East, and was published in the USA by PRA Publishing. Hymn for the Wounded Man, which won the 2011 US Independent Publishers' Book Award, is a love story about hunting from a female, vegetarian perspective, set in the wild places of New Zealand. Stephanie has a professional background that ranges over 25 years in media, politics and publishing. In between, she has followed the wind, exploring life as she absorbs the lessons and the art of

courage. She is an inspired writing coach and an astute guide for would-be authors seeking assistance with the book they're longing to write. She is a skilled media trainer, who understands the demands of newsrooms, and can teach public advocates to tell their story, their way. For customer reviews about *My Pilgrim's Heart* visit the US edition: [.com/My-Pilgrims-Heart-Journey-Marriage/dp/0982140762/ref=sr\\_1\\_2?s=booksie=UTF8&qid=1462489333&sr=1-2&keywords=my+pilgrim%27s+heart](https://www.amazon.com/My-Pilgrims-Heart-Journey-Marriage/dp/0982140762/ref=sr_1_2?s=booksie=UTF8&qid=1462489333&sr=1-2&keywords=my+pilgrim%27s+heart)