

Book Synopsis on
“Gifts from the Mountain”
‘Simple Truths for Life’s Complexities’

by C. Eileen McDargh
Illustrations by Roderick MacIver

(Synopsis by Gary Tomlinson)
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When is a book more than a book? When it can be used as a tool to engage people in conversation. Whether you’re a person juggling the demands of a hectic life style or one who is seeking a soul-satisfying experience, this inspiringly simple book is your key to refresh, renew, rethink and recharge. In *Gifts from the Mountain – Simple Truths for Life’s Complexities*, Eileen McDargh shares lessons for understanding the ordinary and extraordinary encounters life throws our way. Her book is an amazing gift that can be a road map for coping with life’s complexities.

Illustrated with stunning watercolor paintings by Roderick MacIver, *Gifts from the Mountain* inspires both fresh insight and positive action. It helps you pay attention to the process of life and take joy in the journey. Recently, *Women’s Edge* had the opportunity to speak with Eileen McDargh.

W.E.: *Gifts from the Mountain* is a different style of book than some of your others. How did you come to write it?

Eileen: I wrote this book because of a vacation I took with my husband. You need to know that my ideal vacation would be found poolside, with cold drinks, comfort at my beck and call and stacks of books on hand to read at my leisure. But that was not the vacation we took that summer. Instead, we took a two-week ascent into the Sierras. I had to carry a backpack that was almost half my weight. As we struggled over tough terrain, trudged up unmarked mountain passes at 12,000 feet, maneuvered our way across ice fields, watched 65 mph winds pick up our tent and soar it across the divide, guzzled our last drop of water, I figured there had to be a reason behind this most difficult of trips. When you’re in a situation that is difficult you can either complain about how difficult it is and how fast you can get out of it or you can work your way through it. Since turning around and going back to our car wasn’t an option, I decided to look at this journey differently. What could I learn here? What am I seeing? What are the lessons that I’m being taught? So, I literally wrote down each night the lessons I encountered that day. After we got back home I realized these weren’t just for me, others could learn from them as well. That’s when I started to write this book.

W.E.: Your book is full of beautiful illustrations and simple practical treasures of wisdom. What is it that you want people to take from *Gifts from the Mountain*?

Eileen: I wanted a book that anyone could open to any page. It didn't have to be read in any sequential order. During this trip I found lessons for business, for relationships, for family, for life and for my soul. It is my hope that these lessons find a home in the reader's world as well. I want this book to go beyond just a self-help book. I want it to be a self-think book, to be a group conversation starter. There's more to this little book than meets the eye. It's a source for deeper conversations, insights and candid dialogues. Because of that, I've created a series of **Conversation Fire Starters** that can be downloaded for free at <http://www.eileenmcdargh.com/giftsfromthemountain.html>. I hope readers will use this to ignite themselves and the people around them.

W.E.: What key lessons did you learn from the experience of trekking through the Sierras?

Eileen: Simply, for me to know more, I have to notice more. I think we get in such a hurry, we move at such a pace that whatever we're dealing with at the moment, we don't take the time to notice that often the answers to our challenges are right in front of us. For me to learn more, I've got to notice more. We so inundated with information today, we're drowning in knowledge. What we're hungry for, what we're thirsty for is wisdom.

Life is complicated and complex. We yearn for simple answers. And we want them in sound bites that are powerful in both message and meaning. This book seeks to answer that need. In many ways it will remind us of what we already know but have forgotten in the tension of time constraints, work worries and family frustrations. What I learned from this experience was to pause, look with new eyes and discover simple truths that could turn a mountain into a molehill.

Eileen McDargh is an internationally recognized keynote speaker, business consultant and author. Her mission since 1980 has been to help individuals and organizations put talent and time together in service of great work. *Executive Excellence* magazine has ranked her as one of the top 50 thought leaders in leadership development.

She's also authored *Work for a Living and Still Be Free to Live, Talk Ain't Cheap...It's Priceless* and *The Resilient Spirit – Heart Talk for Surviving in an Upside Down World*. To obtain a copy of *Gifts from the Mountain* or one of Eileen's other books go to www.eileenmcdargh.com.