

New Australian Author Book Release

Walking her way Backwards

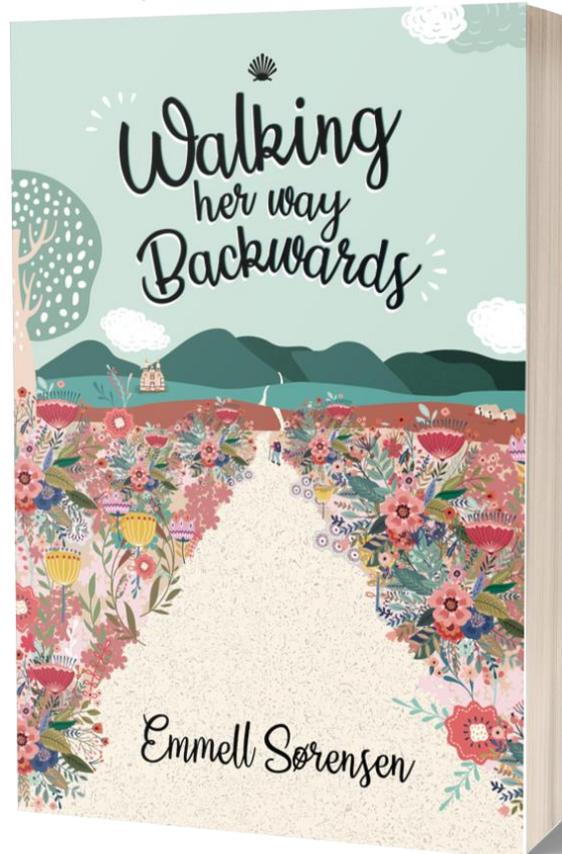
Emmell Sørensen

**A JOURNEY UNDERTAKEN BY THE BODY,
MIND AND SPIRIT ON A WALKING
PILGRIMAGE TO FIND ONESELF...**

Walking her way backwards illuminates the internal journey seeking what is inside the heart, whilst physically walking forwards to complete the Camino pilgrimage.

Emmell travels eight hundred kilometres on this famous, historical pilgrimage with her husband. At the height of great physical pain, mental endurance, emotional fragility, and spiritual questioning is described and shared while walking the Camino trail.

The destination is the cathedral in Santiago de Compostela and reward is the everlasting moments of the experience and summation of one woman's life and learning as she explores the greatness of this planet's simple awe-inspiring beauty but also discovers the vastness of the human spirits within.



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Biography

Format: Paperback

Audience: General

Location: Hampton VIC

Visit shawlinepublishing.com.au for more details on the author,
Emmell Sørensen.

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A Conversation with Emmell

Why did you write 'Walking Her Way Backwards'? What were your inspirations?

I wrote this book to find a voice to my emotions. I wished to share these thoughts with others and perhaps serve as an inspiration to others. My inspiration was my husband, Camino Boy, who walked every step and experienced all the hardships and elation with me. My other constant was Professor who gifted pieces of inspiration and encouragement to keep going from emails back in Australia.

How did you decide on the characters within the book?

The characters are actual people who I met whilst walking. It was intriguing to meet them and chat with them about their experience, their fears and their strengths. They unknowingly helped me to question myself in new ways and then grow from that experience. Camino Boy and Professor were obvious choices as they were my constant inspirations to urge me forward.

What was the biggest challenge when writing the book?

The biggest challenge by far when writing this book, was how much of myself to reveal. As it is a memoir, I have changed names to protect all individuals mentioned, but I still found it confronting to allow my deepest fears and thoughts to come to the surface and be revealed to others.

Did you have any interesting experiences while researching or writing?

I could not have written the book the day after completing the Camino. I needed to absorb what I had experienced and de-brief with my inner self. It was on reflection that I realised why I was feeling such a life changing journey.

Do you hear from your readers much? What kinds of things do they say?

Those that I have shown my book to say they have loved the actual story. They liked the characters and loved the humorous parts of the story. One reader had actually walked the Camino and he felt disappointed that he did not experience the same emotions portrayed in the story. He now wishes to complete another pilgrimage to try and feel some of those experiences.

What was one of the most surprising things you learned in creating your books?

The time it took to get an idea down on paper and to then refine it so that it actually said what I felt. I had to choose the best words that would accurately describe my thoughts and feelings.

What would you say is your interesting writing quirk?

Honesty – which at times is very funny and cheeky and can border on being a little outrageous.

When did you write your first book and how old were you?

I wrote many short stories as a child around the age of ten, this continued until I was fifteen and then academic schooling became the priority and writing fell away. The interest has always been there, but only when my children became independent did I have the time to spend on rekindling my interests.

Do you have any suggestions to help others become a better writer? If so, what are they?

Write from both the heart and the mind. Then get someone else, especially an editor to read the story and fine tune it.

Do you like to create books for adults, children, or a cause? Why?

I enjoy writing as a medium to find a voice to share my inner most thoughts and ideas.

What tips would you share with other new writers about your learnings?

Sharing your own vulnerabilities is very difficult, but that is what readers want to read because it is so tangible. Writing from the heart and mind is what makes each writer unique.

For whom did you write 'Walking Her Way Backwards' and why?

I wrote it for those who have walked the Camino trail, or those who are contemplating doing so. The book discusses the complexities, difficulties, personal challenges and then the gifts experienced by the author. I wished to put a voice to my experiences which were life changing. I did this through the pen.



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