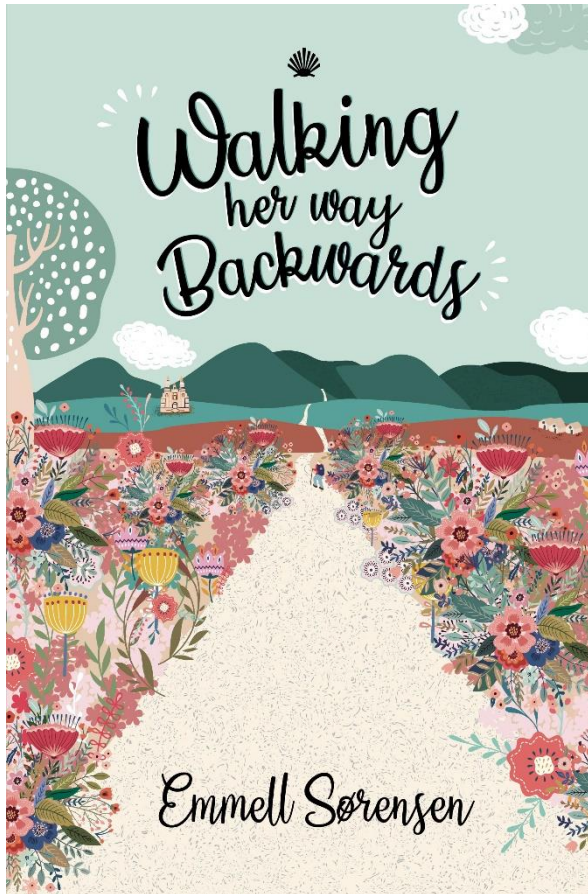


Walking her way Backwards

Emmell Sørensen



ISBN	9781922701404
Publication Date	30 MAR 2022
Genre	Memoir
Format	Paperback
Audience	General
Author Location	Melbourne, VIC

Price available on our website

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.



ABOUT THE AUTHOR

Emmell Sørensen is a seasoned walker who in 2017 travelled eight hundred kilometres across Spain to complete a pilgrimage. Emmell planned and trained for five years to prepare for this undertaking, trekking many varied paths in contrasting weather conditions.

Emmell is a mother, writer, musician, music therapist, teacher and pastoral carer who has spent her life walking a metaphorical journey with people. Working in hospitals, special education schools and out in the community,

Emmell has accompanied people during the most challenging and celebratory times of their lives. It is this interest in people and self that originally inspired the idea of walking a pilgrimage, then writing a memoir.

Emmell is a Melbourne based writer living with her husband, Camino Boy. They have four adult children together.

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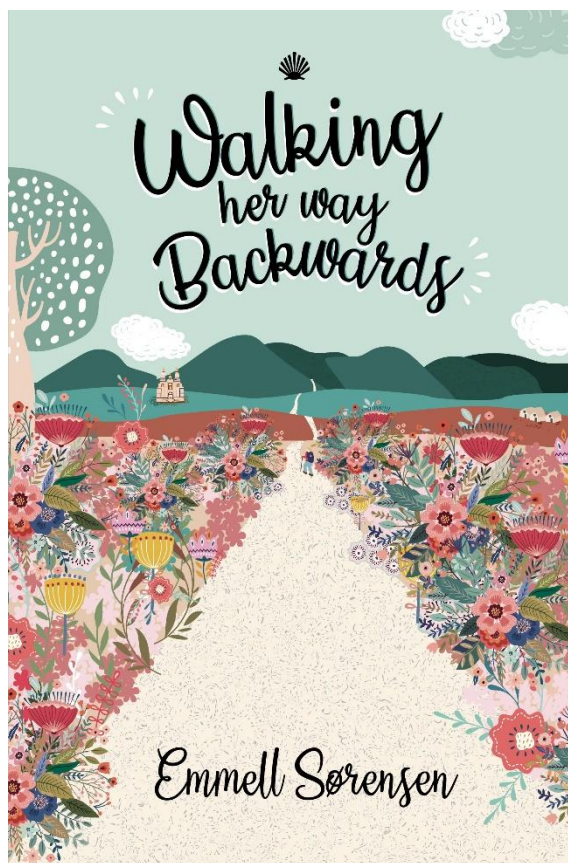
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A CONVERSATION WITH THE AUTHOR

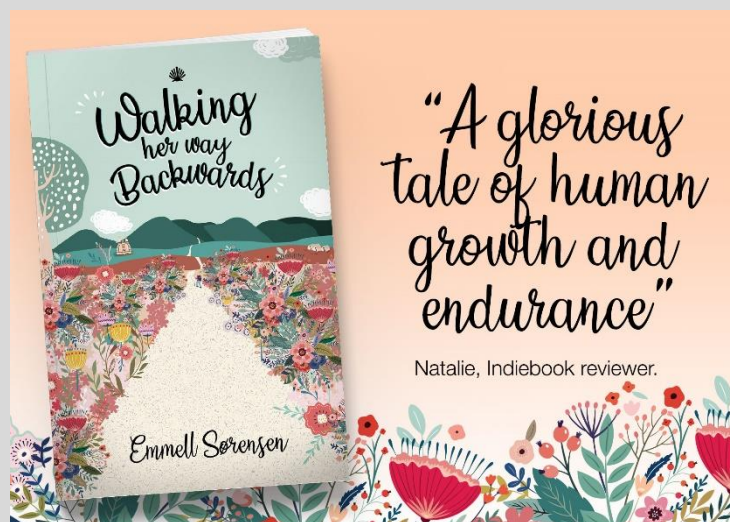
WHY DID YOU WRITE 'HOLLY & OAK'? WHAT WERE YOUR INSPIRATIONS?

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.

WHAT DREW YOU TO THE SUBJECT MATTER OF THE BOOK AND ALSO THESE CHARACTERS WITHIN?

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.

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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