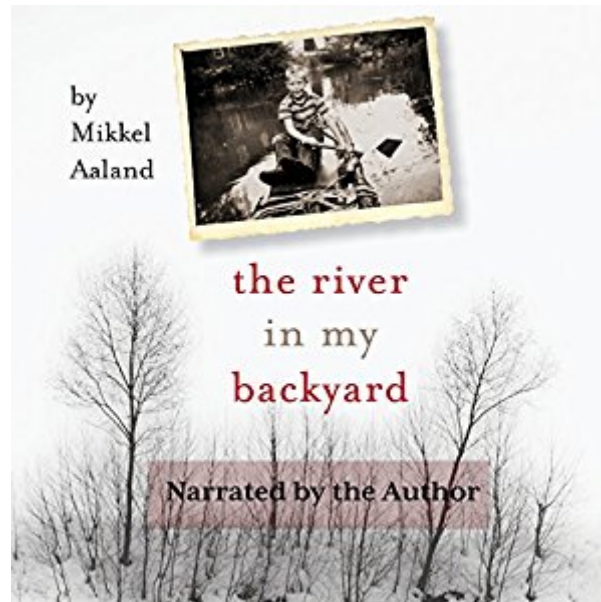




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The River In My Backyard



Synopsis

The River in My Backyard is more than an exploration into the world of patricide, madness and ghost genes. Ending with a dramatic pilgrimage to holy Mt. Kailash, and atonement for a brother's sins, it provides an inspiring roadmap to inner peace and healing.

Book Information

Audible Audio Edition

Listening Length: 4 hours and 35 minutes

Program Type: Audiobook

Version: Unabridged

Publisher: Cyberbohemia Press

Audible.com Release Date: December 21, 2016

Whispersync for Voice: Ready

Language: English

ASIN: B01N1U4RRK

Best Sellers Rank: #94 in Books > Audible Audiobooks > Arts & Entertainment > Photography
#4284 in Books > Audible Audiobooks > Biographies & Memoirs > Personal Memoirs #50168
in Books > Arts & Photography > Photography & Video

Customer Reviews

Through fearless self-reflection and a patient unpacking of his family history, Mikkel Aaland discovers that it's never too late to learn from your past, heal and grow. Epigenetics, one of the most fascinating areas of recent scientific learning, posits that the experiences of our ancestors can impact our own mental, physical and spiritual health through a mechanism commonly known as "ghost genes." Aaland intuitively then learns of, this fascinating concept while striving to make sense of the loss of his eccentric, adventurous father in a heartbreaking family tragedy. If this book's humanity and compassion alone were not enough to reward the reader, Aaland, a renowned photographer, graces his tale with exquisite images from regular visits to his ancestral home in Norway and family archives, forging a much broader work of art.

Mikkel's odyssey is a treasure. This well written and beautifully told tale of tragic loss, humanity and resilience is a gift to the world and to all who dare to love greatly and accept what the universe offers.

Mikkel Aaland has taken a terrible tragedy and made it into a rich and compelling meditation on family, history and spirituality. As in his earlier excellent book *Sword of Heaven*, Aaland is an engaging storyteller who nonetheless keeps his eyes clearly focused on the larger issues of life, love and destiny. An added bonus is that this time Aaland has used his considerable skills as a photographer to add a strong and haunting visual element to the telling.

Mikkel's story, in its simple language and beautiful photos, captured the emotional essence of his life. His honest telling and revelations from his ancestors and relatives in Norway to his family and friends in San Francisco cast reflections on all of our lives. *The River in My Backyard* is a book to be lauded and shared.

His brother murdered his father, led by the "hand of God." I cannot imagine being brave enough to work through this and strong enough to write about it. That is what Mikkel Aaland does in this heartfelt story. He shares sorrow, joy, and a passion for life that will inspire any reader.

One of the best books I've read in a long time! So well written and loved his photos. I happen to live in Livermore and remembered his brother riding his bike in town. I'm happy for the author that he was able to be friends with his brother. Plus I think it took great courage for him to write about his family.

Mikkel opens his heart and allows us to join him on this trip on the river. At the same time you can not stop thinking about your own river and the journey you yourself are taking. Thank you Mikkel for taking this journey and sharing it with us.

I would recommend this book wholeheartedly, especially if trying to understand the terrible disease of schizophrenia that can afflict so many families.

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