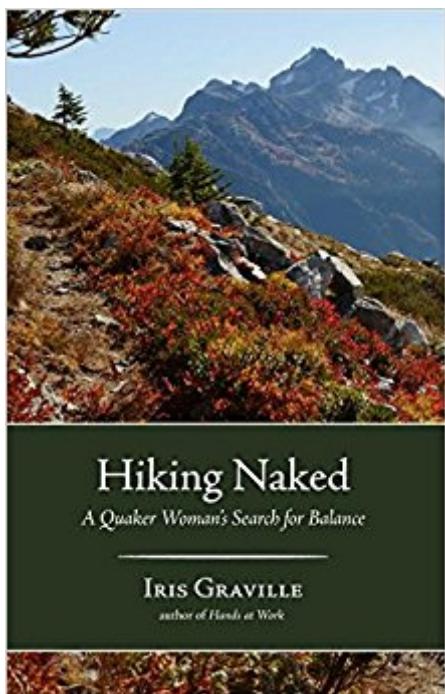


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# Hiking Naked: A Quaker Woman's Search For Balance



## Synopsis

Knocked off her feet after twenty years in public health nursing, Iris Graville quit her job and convinced her husband and their thirteen-year-old twin son and daughter to move to Stehekin, a remote mountain village in Washington State's North Cascades. They sought adventure; she yearned for the quiet and respite of this community of eighty-five residents accessible only by boat, float plane, or hiking. Stehekin means "the way through," and Hiking Naked chronicles Graville's journey through questions about work and calling as well as how she coped with ordering groceries by mail, black bears outside her kitchen window, a forest fire that threatened the valley, and a flood that left her and her family stranded for three days. Ultimately, in the solitude bestowed by pines, firs, and mountain trails, she regained her spiritual footing and found her own "way through."

## Book Information

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## Customer Reviews

"For anyone yearning to change the way they live and work, *Hiking Naked* offers one woman's experience of following God's guidance and her own deepest wisdom, even in the midst of uncertainty and loss. (Eileen Flanagan, author of *Renewable: One Woman's Search for Simplicity, Faithfulness, and Hope*)

"In candid, lyrical prose, Iris Graville offers a story of optimism in the midst of disillusionment. Her courageous spirit and unforgettable experiences may just inspire you to embark upon an adventure of your own. (Melissa Hart, author of *Wild Within*)

"Reading this tender, honest, down-to-earth memoir is like spending time with your wisest best friend. (Tarn Wilson, author of *The Slow*

Farm)“Hiking Naked shows us the possibilities that appear if we take the risk.” (Margery Post Abbott, author of *To Be Broken and Tender*)“I am grateful for Iris Graville’s naked memoir such revealing stories as herein contained provide light and hope both much needed in a time such as ours.” (J. Brent Bill, Quaker minister, author of *Holy Silence: The Gift of Quaker Spirituality*)“We need more stories like this, that reveal how we all can be guided by holy wisdom from within, if we take the time to listen and have the courage to follow where it leads.” (Marcelle Martin, author of *Our Life is Love: The Quaker Spiritual Journey*)

Iris Graville is the author of *Hands at Work: Portraits and Profiles of People Who Work with Their Hands*, recipient of numerous accolades including a Nautilus Gold Book Award, and *BOUNTY: Lopez Island Farmers, Food, and Community*. She also serves as publisher of *SHARK REEF Literary Magazine*. Iris lives and writes on Lopez Island, Washington. [www.irisgraville.com](http://www.irisgraville.com)

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