

# THE GOOD WAY:

A HIMALAYAN JOURNEY

JULIE TATE-LIBBY

## DESCRIPTION

When 19-year-old anthropologist Julie Tate abandons her missionary group near Mt. Everest in Nepal, she embarks on a solo trek in the Himalayas. Battling an eating disorder and an upbringing riddled with fundamentalism, Julie's journey is a quest to understand the sacred mountains and people of the Himalaya, and a chance to rekindle her own faith. But soon she takes a wrong turn and stumbles upon a nunnery near Everest, where she contemplates becoming a Buddhist nun. Eventually she makes her way to a village in Eastern Nepal and meets a Christian man from Nagaland who happens to be looking for a wife. Told with honesty and humor, Julie's story chronicles her struggle to grow up and find a deeper faith, even when things fall apart.

## KEY SELLING POINTS

- *The Good Way* appeals to anyone interested in the Himalayas, Buddhism and Christianity
- As a coming-of-age memoir it appeals to young adults and women's studies
- Explores issues of sexual repression, eating disorders and celibacy
- Author's anthropological background grounds the book in Tibetan Buddhism and ethnographic studies

## AUDIENCE

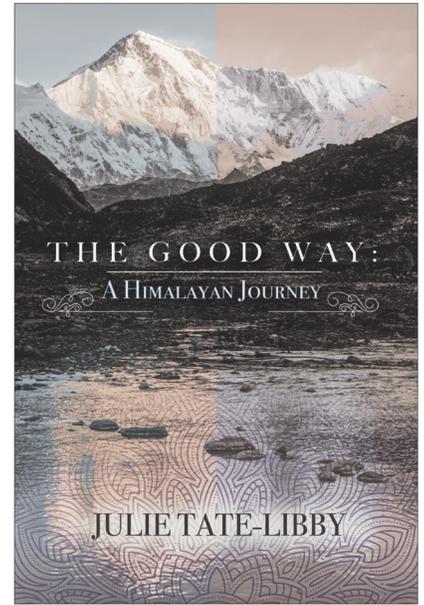
- People interested in Tibetan Buddhism, the Himalayas, cross cultural studies, ethnography, women's studies,
- Young adults
- People interested in travel, mountaineering and sacred mountains

## AUTHOR BIO



u

Julie Tate-Libby is an anthropologist from the Pacific Northwest. She has published several academic works on amenity migration, the power of place, and sacred mountains. She has also dabbled in creative non-fiction, drawing from her experiences in the Himalayas and Southeast Asia. Her writing has appeared in *Cirque Literary Journal*, and her poem *Fire Summer* was published on the Washington State Poet Laureate website.



Publisher: Koehler Books

Distributor: Ingram

PUB DATE: 11/25/2019

SOFT COVER: \$16.95, 978-1-63393-837-3

HARD COVER: \$24.95, 978-1-63393-839-7

EBOOK: \$7.99, 978-1-63393-838-0

TRIM: 6"x 9", 204 pages

TRAVELS: Himalayas/Memoir

To request a copy of the book, please email: [jtmarie77@gmail.com](mailto:jtmarie77@gmail.com). Limit one copy per store. Include your name & mailing address

 koehlerbooks<sup>®</sup>

[www.koehlerbooks.com](http://www.koehlerbooks.com)

**INGRAM**

ONE SOURCE. COUNTLESS POSSIBILITIES.