

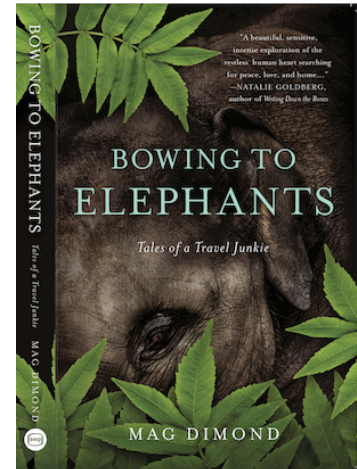
FOR IMMEDIATE RELEASE

Contact: Ben Gioia, 347-870-6502

Influence With A Heart

ben@influencewithaheart.com

Travel Memoir (With A Twist) Captures the Multi-Sensory Experiences of a Brave, Awakening, World Traveler... As She Discovers How To Live A Conscious Life



(San Francisco, CA)... While some people travel for the wisdom & transformation that only the journey can provide, armchair travelers use books to wander, discover, and feel part of the larger world. Whether on the road or in the comfort of home, readers will be delighted by Mag Dimond's new book, *BOWING TO ELEPHANTS, TALES OF A TRAVEL JUNKIE*.

In the tradition of the greatest memoirists, this book offers an epic, global, and delicious adventure that has been compared to Elizabeth Gilbert's *EAT, PRAY, LOVE*. Readers will be inspired by this journey of self-discovery, healing, and forgiveness... as they encounter strange lands, tantalizing foods, and mesmerizing characters (including a 14,000 lb. African elephant).

"The prose is gorgeous and novelistic... A luminous, engrossing meditation..."

— Kirkus Reviews (Starred Review)

Her first book (in her 70s) and a #1 international bestseller, Dimond weaves the tale of an unloved rich girl from San Francisco who travels to far-flung parts of the world to escape a dysfunctional family and a narcissistic, alcoholic mother. Dimond navigates depression, loneliness, and loss while learning how to break down the false barriers that separate people.

BOWING TO ELEPHANTS offers timely, relevant, newsworthy wisdom on topics from alcoholism, music, and Buddhism... to death, depression, and family... to food, forgiveness, and connection... to meditation, spirituality, and (ultimately) living a conscious life.

"A beautiful, sensitive, intense exploration of the restless human heart..."

— Natalie Goldberg, *Writing Down The Bones*

[MORE]

Dimond is always sensual, especially about food. "When I came upon the Rialto Fish Market, I was blessed first with visions of purple artichokes and brilliant red peppers, and plump glistening white bulbs of fennel, sexy dark eggplants, vivid colors declaring themselves in the gray light..."

Dimond has traveled her whole life, willingly or not. These moves are fundamental to Dimond's development, sculpting a self-conscious and acquiescent young woman with romanticized ideas about the world. With raw honesty, Dimond remains conscious of her privilege and subjectivity as she contemplates the poverty and violence she witnessed around her.

Dimond's writing invites readers to serene Buddhist temples in Burma, the funky alleyways and gray light of Venice in winter, the breathless mountain landscape of Bhutan, the noisy claustrophobic streets of Hanoi, and her life-altering encounters with majestic elephant matriarchs in Kenya... all the while reflecting on who she is becoming in the world.

Mag is available for readings, signings, podcasts, conferences, panel discussions, writing retreats, community events, television, radio, and media appearances. Visit MagDimond.com.

"... a chronicle of inner and outer adventures, grounded in deliciously detailed descriptions..."
— Mirabai Starr, *Caravan of No Despair* and *God of Love*

"... weaving vivid descriptions, inner truths, suffering, and celebration into a tapestry of family revelations, love of the details of life, and worldwide adventure."
— Jack Kornfield, *No Time Like the Present* and *The Wise Heart*

"Readers will relish the journey she relates in this wonderful book."
— BlueInk Reviews (Starred Review)

ABOUT THE AUTHOR

Mag Dimond is the award-winning, #1 international best selling author of *BOWING TO ELEPHANTS*. She's been honored in American Literary Review, Travelers Tales Solas Awards, the Tulip Tree Awards, and the William Faulkner Wisdom Awards. Mag has traveled extensively in Europe and the US, as well as Bhutan, Burma, Cambodia, China, Costa Rica, Cuba, the Galapagos, Guatemala, India, Japan, Kenya, Peru, Thailand, and Vietnam.

After a career teaching writing to college students in San Francisco and Taos, Dimond volunteers as a writing tutor at 826 Valencia. In addition to her loving care for animals and people (as a 10 year hospice volunteer), Mag is a philanthropist who ran the Peter & Madeleine Martin Foundation for the Creative Arts (in San Francisco and Taos). Mag is a practicing Buddhist and dedicated member of Spirit Rock Meditation Center.

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