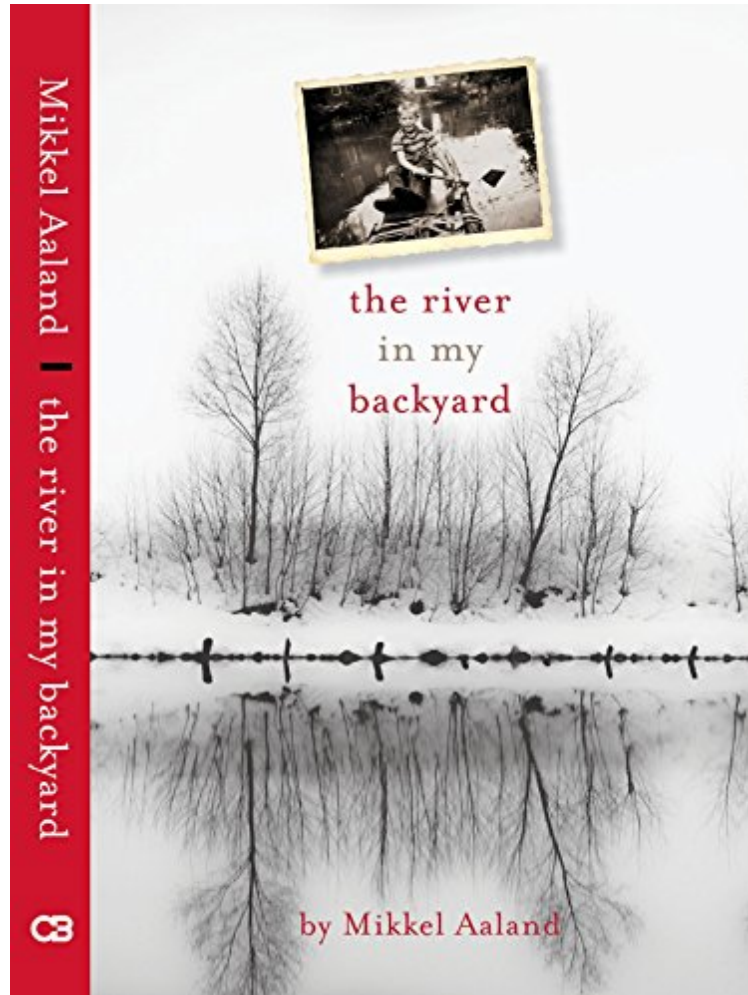


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The River in My Backyard

Mikkel Aaland

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Mikkel Aaland : The River in My Backyard before purchasing it in order to gage whether or not it would be worth my time, and all praised The River in My Backyard:

0 of 0 people found the following review helpful. A Courageous Exploration of a Family's Tragedy and Healing By Michael Nordskog 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 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. 3 of 3 people found the following review helpful. This well

written and beautifully told tale of tragic loss. By California Mom 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. 0 of 0 people found the following review helpful. A Beautiful Book. By Michael 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.

"OF ALL THE HAUNTING MEMOIRS THAT I HAVE READ, Mikkel Aaland's *The River in My Backyard*, is at once the most heart-rending and the most courageously triumphant. Aaland explores two rivers, the literal one that runs past his ancestral home in Norway, and the metaphorical one that runs in the blood of his ancestors, himself, and now his two daughters. By the time the two rivers flow into one another, through crystalline prose and shadow-fretted photographs, his story has become a healing journey of epic proportions." -- Phil Cousineau, author of *The Art of Pilgrimage*.

THE LIFE WE HAVE LIVED IS THE LIFE WE REMEMBER. The magic of a good memoir is that by telling our story we can give new meaning to our past, we can change and move forward, but most important, we connect to others. The river of each life flows to the ocean of our shared humanity. Mikkel Aaland's beautiful book proves that it is not the truth revealed that makes us vulnerable, but the secrets we keep. -Isabel Allende, author of *OF ALL THE HAUNTING MEMOIRS THAT I HAVE READ, Mikkel Aaland's The River in My Backyard*, is at once the most heart-rending and the most courageously triumphant. Aaland explores two rivers, the literal one that runs past his ancestral home in Norway, and the metaphorical one that runs in the blood of his ancestors, himself, and now his two daughters. By the time the two rivers flow into one another, through crystalline prose and shadow-fretted photographs, his story has become a healing journey of epic proportions. -Phil Cousineau, author of *The Art of Pilgrimage*. A BRILLIANT, BRAVE, AND MOVING BOOK filled with loss and redemption, art, and the journey forward. Aaland shares his relentless pursuit of beauty, and the concurrent mystery of the secrets just below. This is a powerful memoir by an author with the courage to trust his memory and find his voice; an artist who understands that his struggle is worth something. His story connects us all as we, too, carry our wounds across the river to find peace, if we are determined, on the other side. -Rebecca Walker, author of *Ade, A Love Story*. IT IS EXCEEDINGLY RARE FOR A POWERFUL NARRATIVE and powerful photographs to comfortably coexist in the same volume. But Mikkel Aaland achieves this tour de force in his achingly poignant memoir, *The River in My Backyard*. As Aaland courageously confronts a brutal family tragedy with the wisdom and discernment that only comes with age, the reader is inexorably pulled along. *The River in My Backyard* is a quick, compelling read and Aaland's brilliant and haunting photographs perfect his story. -David Elliot Cohen, New York Times best-selling author. From the Author This is a listing for the eBook edition of *The River in My Backyard*, which will be available April 21, 2016 along with a deluxe hardcover edition. A trade softcover edition and audio book edition will also be available later this year. For a short video trailer please visit my author's home page. Thanks! About the Author Mikkel Aaland is a photographer, writer, and best-selling author of over 15 books including *Sweat*, *County Fair Portraits*, *Shooting Digital*, and *The Sword of Heaven*. He divides his time with his family between San Francisco and Ulefoss, Norway.