

# In Search of Stillness: My Final Frontier

*author: Pat Hanson Phd*

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## Synopsis

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author	Pat Hanson
readBy	Evie Irwin
inLanguage	english

For some, mother or father issues, relationship, or control issues are the last to heal. For author Dr. Pat Hanson, its quietude. Peacefulness. The ability to just sit and be is nearly impossible for her. Tranquility is a place shes not gone before. With candor, humor, and in her own evolving voice, *In Search of Stillness: My Final Frontier* details her five decade search for that elusive concept: peace of mind. At times poignant, hilarious and insightful, these pieces tell the story of a life lived with passion. *In Search of Stillness* traces the many personal and spiritual growth experiences Hanson undertook from the 1970s to current day. "Touchingly honest, tender and articulate, this memoir chronicles the courageous journey of a soul on a quest of self-discovery. Listeners will be inspired and uplifted." (Alesa Lightbourne, prize-winning author of *The Kurdish Bike*)

## Reader's comments

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