

The Electricity of Every Living Thing

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Synopsis

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Last summer, Katherine May was approaching 40, feeling overwhelmed by motherhood and lacking connection with others, lost in a world of inundation and expectation. She had always felt different but this feeling was new. She wanted to get out, get free and find herself again - and so set about walking the rugged 450 mile South West Coast Path.
 However, this journey uncovers more than she ever imagined. By chance, en route to the walk, Katherine hears a radio show and the guests are speaking about Asperger's Syndrome. Things begin to fall into place - could this explain the white-outs, the excruciating confusion around social contact, the electric feeling of every living thing?
 After a formal diagnosis, Katherine begins to unravel this new perspective of her life. Through her physical journey comes an emotional one - of accepting who she is and moving forward. It's not just about walking or Asperger's; this is one woman's journey to feel free within herself, something that everyone can relate to.

Reader's comments

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