



To the Mountain: One Mormon Woman's Search for Spirit

Phyllis Barber

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To the Mountain: One Mormon Woman's Search for Spirit Phyllis Barber

Written by an award-winning writer, this spiritual memoir is distinguished by the author's Mormonism and literary prose. In a series of thought-provoking, personal essays, Phyllis Barber provides an engaging account of how she left her original Mormon faith and eventually returned to it decades later. Her journey begins in the 1990s. In search of spiritual healing and a deeper understanding of the divine, she travels widely and participates with people of many different persuasions, including Southern Baptists; Tibetan Buddhist monks in Tibet and North India; shamans in Peru and Ecuador; goddess worshipers in the Yucatan; and members of mega-church congregations, an Islamic society, and Gurdjieff study groups. Her 20-year hiatus from Mormonism transforms her in powerful ways. A much different human being when she decides to return to her original religion, her clarity and unflinching honesty will encourage others to continue with their own personal odysseys.

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