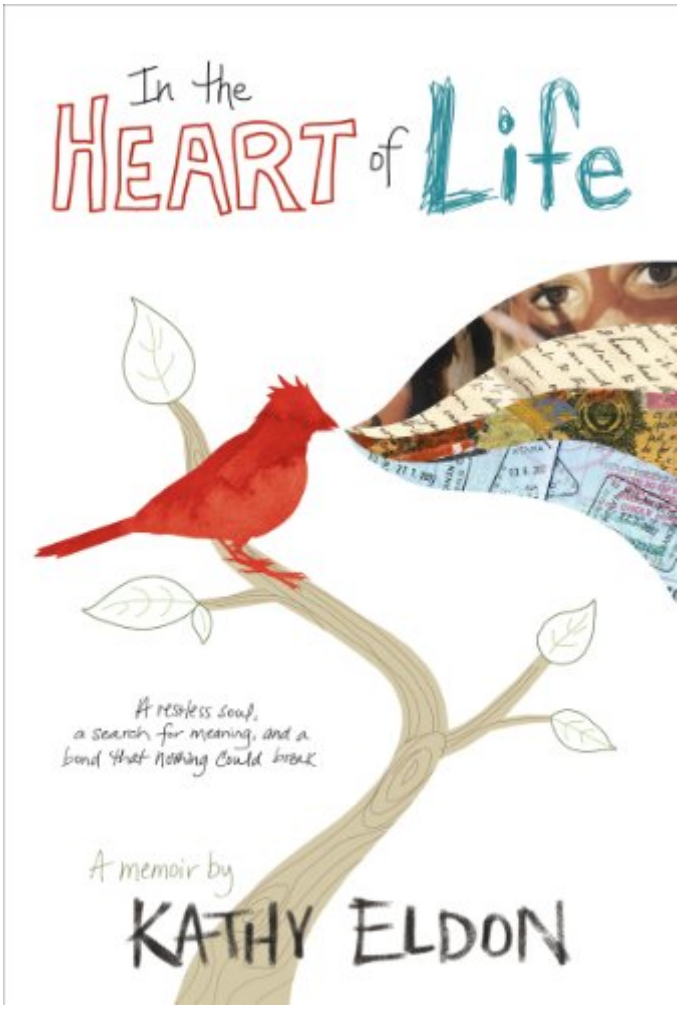
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In The Heart Of Life: A Memoir



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Synopsis

A Mother Loses Almost Everything Before She Discovers True JoyIn 1977, Kathy Eldon moved with her husband and two children from England to Kenya, where she found freedom as she had never known it before and was ready to push back from her old, restrictive life. Diving into this tumultuous new world as a journalist and writer, she embraced the energy and creativity of Kenyans, both black and white. But her world collapsed when her twenty-two-year-old son, DanÃ¢â ¬â •an artist and photojournalist on assignment for ReutersÃ¢â ¬â •was stoned to death by an angry mob in Somalia, killed by the very people he was trying to help. Kathy's journey through this tragic loss was deeply spiritual as she discovered that, in many ways, Dan was still ever-present in her life. This gripping international saga includes a passionate love, a dangerous coup in Kenya, and a compelling glimpse into a woman on the brink of self-discovery. After her son's murder, Kathy began to publish his art, which gained popularity worldwide andÃ¢â ¬â •together with her daughter, AmyÃ¢â ¬â •launched a global foundation celebrating Dan's work as a creative activist. Throughout Kathy's exploration of profound tragedy, we find the secrets to not only surviving, but being truly, gloriously alive.

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Directors

Customer Reviews

This is a difficult book to review. I am a retired Licensed Clinical Social Worker, and spent my entire career working in Hospice, with dying patients and their families, and the bereaved. I like to read books by individuals who have experienced loss, and tell how they cope with it. I read other reviews before I bought the book. For the first 200 pages, I was appalled by the author's narcissism, especially when she left her husband and teen-age children to be with a man with whom she had a troubled relationship, as were several other reviewers.However, after the death of her son, which was devastating to her husband, daughter, and herself, she did a wonderful job of honoring his memory in very positive ways which would carry on into the future. She always expressed guilt and shame about many of her actions, but after her son's death she got some therapy, and was able to deal with many of the issues that drove her. By the end of the book, she is friends with her ex-husband, close to her daughter, and has remarried into what seems a healthy relationship. For that, I applaud her.

This is a motherÃƒÂ¢Ã â ¬Ã â„¢s heart-wrenching story about her own journey, and her ability to re-invent herself in the face of the greatest loss a parent can experience. Kathy Eldon's frank and riveting account is an illustration perhaps of how necessary deep vulnerability can be to the process of growth and the discovery of one's inner strength. Profoundly moving, it is a captivating story of adventure, tragedy and loss, and ultimately an uplifting celebration of life and love. Dan EldonÃƒÂ¢Ã â ¬Ã â„¢s short life was a most vibrant expression of the art of living, his legacy a gift of inspiration for us all.

I loved this book. I admire the author for her willingness to not take the easy route and go for it in organizing art fairs all over Africa and becoming a journalist and photographer. Also, for raising her kids to become adventurers themselves and give back. While I didn't agree with all of her choices, she did find personal happiness with great loss though. Her son was an old soul who lived lifetimes in his brief life. What an inspiration. Her daughter turned out well too, and must be an old soul as well to handle the choices her mom made and to forgive and support her. I must say though that the entire family had more opportunities because they had money than those of us who don't.. Fascinating, well-written read though and I highly recommend it.

Kathy Eldon is as courageous in opening up her life to the reader as she has been in the living of it. Her choices are not the ones everyone would have made in the same circumstances but she is frank and honest in her telling. She hungered for a larger life from her earliest days and was not afraid to take the risks demanded. Her portrayal of Africa and the culture of the Kenyan expats brings this fan of Out of Africa and West with the Night up to date. But the true heart of her book as well as of her life was her son and his embrace of today's Africa from its extraordinary beauties to its unimaginable cruelties. The experiences in the wake of his death as well as the renewed purpose she found for her own life give us all hope.

She is not only writes well, but her life is so captivating a page turner. Her life's journey, her own questioning and courage is inspiring. Not only leaving behind the comfort of her surrounding life in the state but living abroad in Europe and Africa of all places traveling all over the world makes her women of the world . One has to have enough faith and self commitment to support all the unknown changes that life brings and she sure did it. Embracing a tumultuous life she did yet keeping her awareness of the call within always present with the resistance not to give up on her personal journey to wholeness.Even though in the process the breakage of her marriage and lost of her son brought about a lot a soul searching there is a lot question remaining.Yet don't we have questions too about our life? Most of us remain too often in a state of paralysis. She is certainly not one of them. Definitely worth reading.

I liked this books as one woman told of her own coming of being story that included the lost of a son. She mentioned consulting with psychics which is not something I often read in a memoir. She opened my mind to the possibility of communicating with the dead. I appreciated her candor regarding her sense of being unfulfilled and trying to find authenticity in her own life. This book felt spiritual and yet a book to read for those searching, hurt, broken, and in search of spirituality. This also feels like a good book for those in mid life crises or any kind of stuck space. "The destination is the journey."

Kathy Eldon's story is heart-breaking yet inspiring. She is so brave to honestly tell all of the parts of her life's story so that she can help others. By doing so, she made herself a real person and showed that we all make choices that we may not be proud of, but we can use these situations as stepping stones. I admire her courage and the fact that she chose to grow from her experiences and allow her son's life to make a difference to so many more people than if she had just kept the pain to

herself. This book reminded me that life is a gift and that we probably don't truly understand all the amazing and mystical things that happen around us. I would highly recommend this book if you are open to expanding your mind a little (or a lot!).

Kathy is a firecracker of inspiration and the living example of someone who has taken the negative in her past and turned it into the most positive, beautiful present and future. While I have not suffered anything in the world of losing a child, I do relate to aspects of the darkness that she explores in this memoir and am constantly inspired by the example of her life to take the bad and transform it into goodness whenever possible. It is a beautiful thing to be brave enough to open up about one's own humanity and necessary imperfections rather than run from this side of life or try to brush it under the rug. This book is a wonderfully written depiction of the journey to the light and perfect for anyone who has ever felt like a butterfly-in-waiting to remember that the best is always yet to come!

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