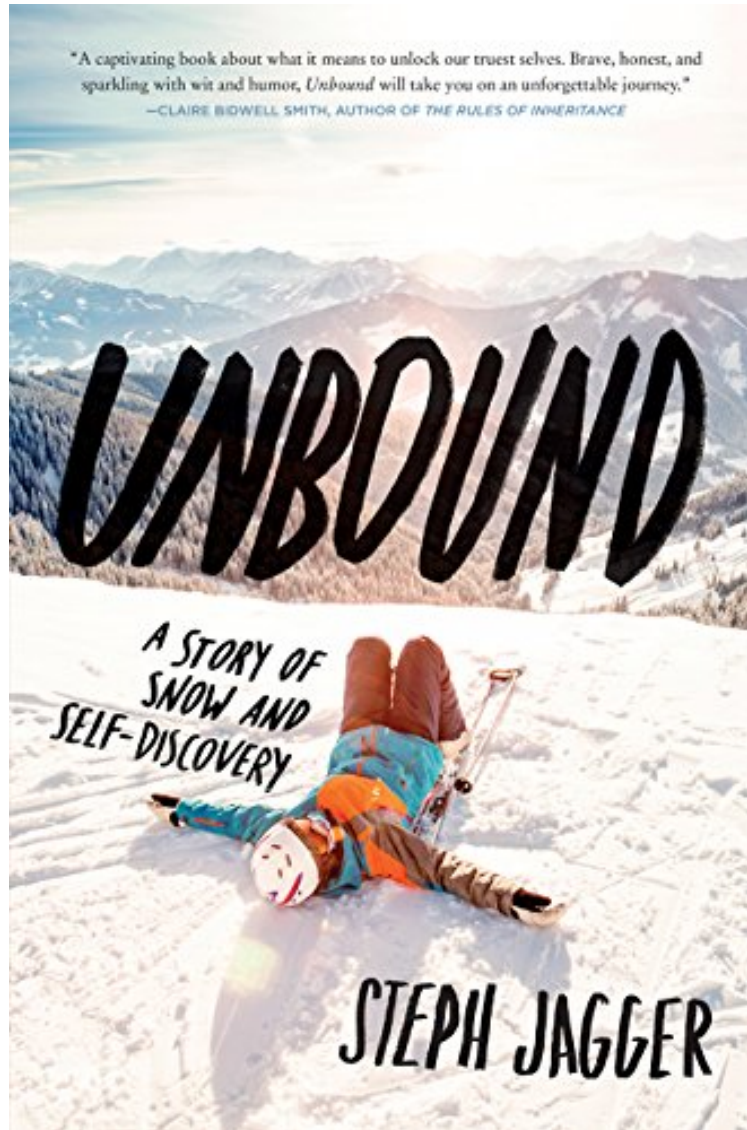


(Ebook free) Unbound: A Story of Snow and Self-Discovery

Unbound: A Story of Snow and Self-Discovery

Steph Jagger

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Steph Jagger : Unbound: A Story of Snow and Self-Discovery before purchasing it in order to gage whether or not it would be worth my time, and all praised Unbound: A Story of Snow and Self-Discovery:

3 of 3 people found the following review helpful. Heroine's Journey at its best!By thebookjunkieFinally, a memoir about how we don't need to be in the muck of life, broken and in despair, to make a significant change. And the timing of this book couldn't be more perfect! Steph is an inspiration to anyone (male or female) who doesn't want to settle for mediocre. I laughed out loud and wanted to run out the door with a pair of skis in hand and a new sense of adventure into the world. Steph is an inspiration to make changes (big and small) and she gives us permission to have a damn

good time living life to its fullest! 0 of 0 people found the following review helpful. I really enjoyed this book By Neva G. Sullaway I really enjoyed this book. Though I'm a long way from snow, I could really appreciate the challenge and adventure of Steph's quest. Unlike many of these types of stories, she remained honest to herself (and the reader) in good times and in bad. I loved her sardonic turn of phrase and she did a great job of describing the different locations - giving us a keen sense of the "personality" of each mountain location. Remarkable. 0 of 0 people found the following review helpful. A Must Read! By Rachel Unbound is what the world of the divine feminine has been waiting for. A bold, brave and kick-ass woman who has the courage to share herself fully and reveal her triumphs and failures with the world so that we may be encouraged and inspired.

A young woman follows winter across five continents on a physical and spiritual journey that tests her body and soul, in this transformative memoir, full of heart and courage, that speaks to the adventurousness in all of us. Steph Jagger had always been a force of nature. Dissatisfied with the passive, limited roles she saw for women growing up, she emulated the men in her life chasing success, climbing the corporate ladder, ticking the boxes, playing by the rules of a masculine ideal. She was accomplished. She was living "The Dream." But it wasn't her dream. Then the universe caught her attention with a sign: Raise Restraining Device. Steph had seen this ski lift sign on countless occasions in the past, but the familiar words suddenly became a personal call to shake off the life she had built in a search for something different, something more. Steph soon decided to walk away from the success and security she had worked long and hard to obtain. She quit her job, took a second mortgage on her house, sold everything except her ski equipment and her laptop, and bought a bundle of plane tickets. For the next year, she followed winter across North and South America, Asia, Europe, and New Zealand and up and down the mountains of nine countries on a mission to ski four million vertical feet in a year. What hiking was for Cheryl Strayed, skiing became for Steph: a crucible in which to crack open her life and get to the very center of herself. But she would have to break herself down first physically, then emotionally before she could start to rebuild. And it was through this journey that she came to understand how to be a woman, how to love, and how to live authentically. Electrifying, heartfelt, and full of humor, *Unbound* is Steph's story an odyssey of courage and self-discovery that, like *Wild* and *Eat, Pray, Love*, will inspire readers to remove their own restraining devices and pursue the life they are meant to lead.

Steph Jagger has written a captivating book about what it means to unlock our truest selves. Brave, honest and sparkling with wit and humor, *Unbound* will take you on an unforgettable journey. (Claire Bidwell Smith, author of *The Rules of Inheritance*) *Unbound* is a case study in navigating discontent. Buy this book for everyone you know who believes there's more to life than getting a mortgage and climbing the corporate ladder. (Chris Guillebeau, New York Times bestselling author of *Born for This* and *The \$100 Startup*) A Wild-esque memoir of adventure and reflection. (Self) *Unbound* is a brave, beautiful journey through the winter of a life. A gorgeous memoir! (Aspen Matis, author of *Girl in the Woods*) A daring journey - complete with the unexpected twists, turns, and transformations that happen when you lean into a dream. (Janice MacLeod, author of New York Times bestseller *Paris Letters*) Steph Jagger is as bitingly funny as she is willing to expose her own vulnerabilities - the result is a refreshingly honest read. Through her own journey, she prompts us to live truthfully, deliberately, and to say yes, whether to an extra lap or a deeper look at oneself. (Lucy Higgins, Associate Editor of *Backcountry Magazine*) With snow as her compass and ski goggles as her lens, Steph Jagger embarks on an inspiring ten-month journey of self-discovery and reinvention. Not just for skiers, *Unbound* is a captivating read that demonstrates the value in following one's heart beyond the beaten path. (Becky Wade, professional runner and author of *Run the World: My 3,500-Mile Journey Through Running Cultures Around the Globe*) *Unbound* is a stunning book that is sure to bring out the inner bad-ass in each of its readers. If you've ever dreamt of standing on the dazzling mountain tops of your life, this book is for you. (Linda Sivertsen, bestselling author and host of the *Beautiful Writers Podcast*) Steph Jagger takes the reader over her skis in a daredevil world-wide run. No laterals, no time-outs, no taking ball four. It's just you and the mountain. Hold on for an adventurous read. (Dick Enberg, Emmy Award-winning Sportscaster) *Unbound* is a page turner. It's punchy, sexy, and funny, and most of all, it helped me understand my own story better. (Shelby Stanger, adventure journalist, *Outside Magazine*) *Unbound* begins with an epic ski trip, and ends with a completely different journey, one that is richer and deeper than the snow found on the slopes of the world. Along the way, we experience the places Jagger travels to, feel her frustrations, celebrate her triumphs and feel for the woman who allows us to see her for who she is. It is impossible not to admire such honesty. (Stella Harvey, author of *The Brink of Freedom* and