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Ms. Donna C. Stewart

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YOGA MAMA'S BUDDHA SANDALS



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DONNA STEWART

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Ms. Donna C. Stewart : Yoga Mama's Buddha Sandals: Mayans, Zapatistas, and Silly Little White Girls before purchasing it in order to gage whether or not it would be worth my time, and all praised Yoga Mama's Buddha Sandals: Mayans, Zapatistas, and Silly Little White Girls:

2 of 2 people found the following review helpful. An enlightening journey of character and heartBy Terry BaconOn

the surface, *Yoga Mamas Buddha Sandals* is a travelogue, a young woman's coming-of-cultural-age journey from the safe life she knows in small-town Colorado to the Chiapas region of Mexico and the Mayan ruins at Palenque, one of the cultural wonders of the world. But this quirky little book is much more than that. Like Ulysses' journey in *The Odyssey*, this is really the story of struggle and courage, of daring into many unknowns, of trusting in yourself and finding trust in others, and of enduring some perils, learning much about human nature, and narrowly escaping a horrible fate through the goodness of strangers. It's the story of survival, too, from being on her own at the age of 16, leaving a family torn by illness and alcoholism, and finding her way through pluck, determination, and the indomitable will to be more than her background would have allowed. One of the author's most intriguing creations is Gandal-Claus, a conception of God that combines Santa Claus and The Lord of the Rings' grand wizard, Gandalf. Although raised a Southern Baptist, she struggles with the traditional religious view of God, but when Gandal-Claus shows her what her future will bring, she finds little comfort in that view either. But he assures her that, no matter what the struggles and hardships, she will be okay, that holes in the road are part of the journey, and that the greatest gift of her childhood self-reliance will be her salvation. And it is. As I read this book, I learned much about the people of the Chiapas region of Mexico, much about the Mayan ruins at Palenque, and much about the Zapatista rebellion, but mostly I learned about this plucky, silly little white girl and her courageous journey into the unknown having little money, knowing little Spanish, navigating an unfamiliar culture, and having no close friends to share her journey. The author honestly shares her temptations, frustrations, misgivings, insights, and little triumphs and defeats long the way. Mostly, she reveals much about her character and makes us wish we could have gone on that journey with her. 3 of 3 people found the following review helpful. Adventure, Courage, Discovery... By desertMan I've never been much for reading fiction, so this adventure tale has me hooked after only a couple of chapters. It's looking like the story of self-discovery and courage found at a tender young age. I can hardly wait to get my eyes on the rest of the story. Looking forward to the arrival of my new Kindle. :) 1 of 1 people found the following review helpful. Adventure and Humor By Billy Wilson This is a rollicking, fun travel journal, with just enough history thrown in to understand the terrain and culture that is being described. Ms. Stewart writes with passion and the eyes-wide wonder of a child experiencing the world for the first time. If you enjoy self-deprecating humor and inner- , as well as outer- exploration, you will love this book. Now I have to find some Texas.

A thrill-seeking young adventuress heads to the most remote jungles of Mexico and straight into a gritty, grimy adventure story about friendship and crumbling walls. If you like true stories that are exciting, funny, informative and evidence of the inherent goodness of humanity: Get this book. "The ruins of the ancient Maya draw many adventurers into the jungles of Mexico and, once there, they usually find adventures aren't hard to come by. I've been on my own since the age of 16. I've survived poverty, stereotypes, predators and tumbling down mountains. I thought I was ready for anything. But when I found myself alone, in the remote jungles of Chiapas, Mexico, with no pesos, no understanding of the language, and no awareness that I was in the middle of a long-standing political revolution, it didn't take long for me to learn more about the world, and myself, than one, silly little white girl, could have ever imagined." Walk in Donna Stewart's *Yoga Mama Buddha Sandals*, and you'll stumble upon Mayan ruins, Zapatistas and really big spiders. You'll come face to face with history and legend, kidnappers and temptation, friendship and heroism. You will cringe at her mistakes, but cheer her bravery. And you'll probably chuckle more than once. Adventure, humor, history and a little transformation. This is a walk worth taking. This story follows the course of a young American girl traveling to a rural part of Mexico with a head full of preconceptions, alone, and seriously unprepared. With a mix of self-deprecating humor, personal exploration and deep research, she explores Chiapas, the palatial Mayan ruins of Palenque, and the Zapatista Movement, confronting her own unconscious prejudices with every step she takes, encouraging us to do the same. "An enlightening journey of character and heart." Terry Bacon, author of *Winning Behavior*. "Ms. Stewart writes with passion and the eyes-wide wonder of a child experiencing the world for the first time." Billy Wilson, Musician, Master of Reality "Stewart is a terrific story teller and writes with beautiful authenticity." Kate Siber, *Outside Magazine* "Like all good travel writing, the inner journey is as important as the external one, and Ms. Stewart doesn't hold back!" Terry Hobbs, author of *Healed*.

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Voraciously inquisitive and adventure hungry, she's an avid explorer, with or without words.