



Life Is Like Climbing a Mountain

By James E. Bruce Sr. Ph. D.

AuthorHouse. Hardcover. Book Condition: New. Hardcover. 160 pages. Dimensions: 9.0in. x 6.0in. x 0.5in. The objective of this book is to inform, educate, inspire, and motivate individuals and groups toward understanding oneself and others through a literal or virtual mountain climbing experience. The aim is to introduce the reader to a literary journey that involves the process and the act of mountain climbing. This book brings forth the recognition that, just as literal mountains may be comprised of rocks, trees, ice, snow, and dirt, either singularly or in any combination, so, too, are we, as individuals, comprised of differing traits, strengths, values, mores, and beliefs that offer both specific strengths and weaknesses that alternate given the environment that surround us, the situation presented to us and what we feel within us. A volcanic mountain, it should be noted, is more representative to one's inner self. Similar to that of this living rock, changes occur subtly, deep within us, sometimes immediate and many times occurring unnoticed by us over long periods of time. Like the sudden sight of smoke or vibrations felt from underground, it is only during the external expression of change do we realize that we, and those around us,...



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