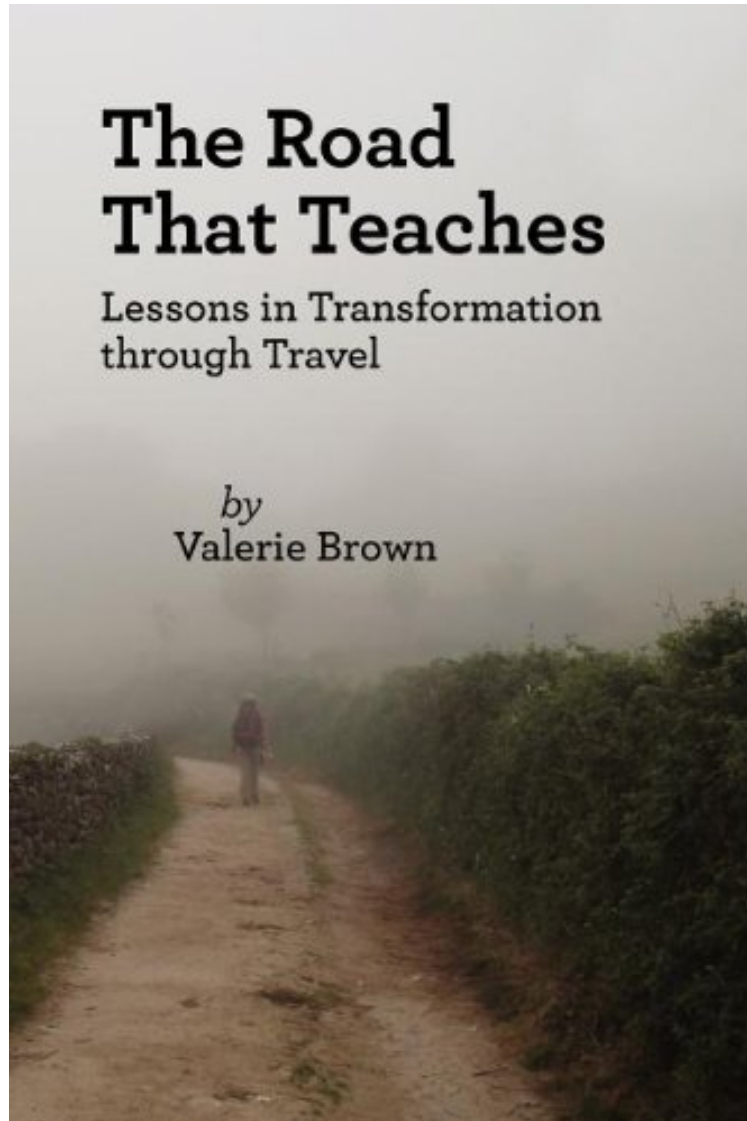


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## The Road That Teaches

*Valerie Brown*

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**Valerie Brown : The Road That Teaches** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Road That Teaches:

0 of 0 people found the following review helpful. Hiking the UniverseBy gwen holthamA description of an endless journey brings us to many cultures and helps us examine the quality of our inner self when set against the background of temples, churches, and hostels in Europe, India and the American west. Told with humor and wonderful insights. You can almost taste, smell, see the various sensations along the way.2 of 2 people found the following review

helpful. *A Beautiful Courageous Road* By Maggie G. A lovely and intimate story of a journey to self by whatever spiritual means necessary, including travel -- rigorous travel. Brown shares painful memories of her early life and the challenges she faced as an African-American girl, then woman, who wanted more for herself until she became a high-achieving workaholic. Her book details the ultimate challenges she faced as an unfulfilled adult on the journey to slow down, to mindfulness, to self through numerous spiritual practices, gardening and most effective for her, travel. I loved reading about (and envied) Brown's courage to travel, often alone, to far off magnificent and sacred places. Always striving, Brown details how she learned to appreciate each detail, sight, sound and smell she experienced on her journeys, which she describes beautifully. Highly recommended to seekers, strivers, travelers and especially hikers. 2 of 2 people found the following review helpful. *Understanding yourself through travel experiences* By Theresa Kauffman Valerie Brown describes several sacred spaces found on our planet with rich, vivid detail enabling you to smell the rain or hear the sounds of the temples as your read. Even more remarkable, Valerie describes her own reflective process and spiritual practices to look inside and understand herself better while experiencing these sacred spaces. Her honest vulnerability was refreshing and human, and I could relate. I felt transformed reading about her own transformation and continue to practice her suggested techniques to understand myself in everyday life. I can't wait to visit several of these spaces and have my own reflective experience. A refreshing read for travelers at heart.

This book explores some of the world's great pilgrimages, destinations, and the author's reflections on the lessons she learned from them. Read this book to discover how travel can be transformational, how to be more mindful while traveling and every day, the adventures of traveling alone, the delights of encountering new people and places, ancient pilgrimage journeys and sacred travel worldwide. Written from the perspective of a Buddhist Quaker spiritual teacher who has a knack for capturing life's wonders in words.

About the Author Valerie Brown, J.D., M.A., ACC has practiced mindfulness in the Plum Village tradition since 1995 and was ordained in the Tiep Hien Order by Thich Nhat Hanh in 2003. She is a consultant, leadership coach, and Principal of Lead Smart Coaching, LLC, ([leadsmartcoaching.com](http://leadsmartcoaching.com)), specializing in leadership and mindfulness training for educators and others. As a lawyer, lobbyist, and mediator, her expertise is in working with educational organizations and non-profits seeking societal transformation and conflict resolution. She blends career paths to bridge disciplines, focusing on mindfulness and leadership. Valerie is passionate about powerful transformation through mindful awareness, and designs and creates environments that promote greater trust, authenticity and integrity among people. Valerie has completed several national level trainings that support her study, practice and teaching of mindfulness. These include the Center for Courage Renewal with educator Parker J. Palmer, the Center for Transformational Leadership at Georgetown University, and the Center for Mindfulness in Medicine, Health Care and Society, completing the Practicum in 2007, and the Teacher Development Intensive in 2013. Understanding the body-mind connection, Valerie is a certified Kundalini yoga teacher, completed in 2000, with more than 500 hours of training. She lives in the funky artists village of New Hope, PA, midway between Manhattan and Philadelphia. She firmly believes that carousel rides and vanilla ice cream are essentials of a free society!