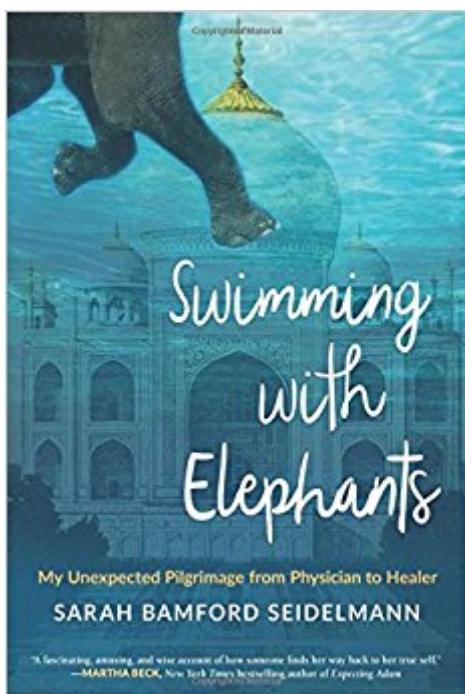


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# Swimming With Elephants: My Unexpected Pilgrimage From Physician To Healer



## Synopsis

After two decades in the study and practice of medicine, Sarah Seidelmann took a three month sabbatical to search for a way to feel good again. Having witnessed human suffering early in her career and within her own family, she longed for a way to address more than just the physical needs of her patients and to live in a lighter, more conscious way. *Swimming with Elephants* tells the eccentric, sometimes poignant, and occasionally hilarious experience of a working mother undergoing a bewildering vocational shift from physician to shamanic healer. During that tumultuous period of answering her call, Sarah met an elephant who would become an important spirit companion on her journey, had bones thrown for her by a shaman in South Africa, and traveled to India for an ancient Hindu pilgrimage, where she received the blessing she had been longing for. Ultimately, she discovered an entirely different way of healing, one that she had always aspired to, and that enabled her to help those who are suffering.

## Book Information

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## Customer Reviews

“A glittering, honest account of what it means to search and also to find. If you are a dreamer, or an overworked parent, if you are someone who recognizes the magic in animals or wonders what it would be like to make a truly bold choice even if you are halfway down your life’s path, please pick up this beautiful book.” –Sara Corbett, coauthor of *New York Times* bestselling *A House in the Sky* “Emotional and spiritual awakening are at the core of Seidelmann’s memoir about her transition from medical doctor to shamanic

healer. Memoirs work best when the author is ready to lay it all out on the table, and Seidelmann does this in *Swimming with Elephants*. Her willingness to be herself and to follow her path—no matter how non-traditional and wacky it might seem at first—makes for an endearing and illuminating adventure.

Foreword Reviews: "Swimming with Elephants is an entertaining and moving front row seat in the drama that unfolds when a western trained physician does the work required to become a true healer."

Christiane Northrup, MD, New York Times bestselling author of *Goddesses Never Age*"Fans of Seidelmann's previous work (*Born to Freak: A Salty Primer for Irrepressible Humans*, 2012, etc.) will surely enjoy this chronicle of the author's chaotic transformation from a fourth-generation physician to a shamanic healer and life coach. The author details her travels around the globe, including sojourns to South Africa, India, and the California desert, searching for her inner shaman. A feel-good story for like-minded readers ." --Kirkus Review (Aug. 2017)"A poignantly honest journey which beckons us all. Sarah Seidelmann takes us right along with her through the looking glass and out the other side into a magical reality that pulses with life, adventure and intelligence."

Llyn Roberts, Award-winning author and acclaimed teacher of healing and shamanism"This is an exceedingly vulnerable, beautifully written book and the most genuine spiritual memoir I have ever read. It is also--in many hilarious moments--laugh out loud funny." --Maria Bamford, Comedian and star of Netflix Original Series *Lady Dynamite*"I LOVED THIS BOOK. Sarah takes us on an intimate tour of the hero's journey. She's a brilliant storyteller...making sense of the baffling journey from the ordinary world into the mystical and back again. I didn't want it to end." --MeiMei Fox, New York Times bestselling author"A fascinating, amusing, and wise account of how someone born with a shaman's predilections, raised in a rationalist culture, finds her way back to her true self."

Martha Beck, New York Times bestselling author of *Expecting Adam*"Sarah Bamford Seidelmann has amassed heaps of wisdom in her courageous leap from the safe realm of medical science into the unknown -- the world of spirit. In this incredibly honest and compassionate memoir, you feel as though you're soaking in her courage and wisdom on every page. Even better, you do so laughing."

Jaimal Yogis, author of *Saltwater Buddha* and *The Fear Project*"From the lakes of Minnesota to the Ganges River in India, Sarah Seidelmann's transformative journey from MD to shamanic healer is a refreshingly honest and very funny tale of spiritual growth." --Matt Adrian, author of *The Guide to Troubled Birds*

Sarah Bamford Seidelmann is a fourth-generation physician turned shamanic healer and life coach, who deeply enjoys shenanigans. She's a frequent guest blogger at Maria

Shriver's site for Architects of Change and has led sold-out retreats combining surfing and shamanism in Hawaii and a sacred pachydermal pilgrimage to Thailand. She loves to help others find their own "feel good" so they can live courageously and enthusiastically. Visit Sarah at [followyourfeelgood.com](http://followyourfeelgood.com).

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