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The Art of Holding On and Letting Go

Kristin Bartley Lenz

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The Art of Holding On and Letting Go Kristin Bartley Lenz
"When every piece falls into place, it's like a dance, a delicate but powerful balancing act. The art of holding on and letting go at the same time."

Competitive climber Cara Jenkins feels most at home high off the ground, clinging to a rock wall by her fingertips. She's enjoyed a roaming life with her mountaineering parents, making the natural world her jungle gym, the writings of Annie Dillard and Henry David Thoreau her textbooks. But when tragedy strikes on an Ecuadorian mountaintop, Cara's nomadic lifestyle comes to an abrupt halt.

Starting over at her grandparents' home in suburban Detroit, Cara embarks on a year of discovery, uncovering unknown strengths, friendships, and first love. Cara's journey illustrates the transformative power of nature, love and loss, and discovering that home can be far from where you started.

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