

**By the River of
Remembrance**
a memoir
Sara Ekenstierna



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Summary

In *By the River of Remembrance* Sara Ekenstierna shares her journey of self-discovery through psychology, philosophy, art, love, sexuality and nature. The result is a work of creative nonfiction that serves both as an escape into adventure and an invitation to reflect.

The story is written in a lyrical style that pays homage to Karl Ove Knausgaard. It engages with the internal conflicts of love and loss, intimacy and solitude, roots and freedom, matter and spirituality. It explores the repercussions of childhood, the passage of time, and the finding of oneself in society and adulthood. This memoir also explores the transformative possibilities life holds and encourages readers to look courageously beyond the explicit and to pursue their true paths.

By the River of Remembrance serves as an invitation to a richer life. It engages the reader through Sara's journey, but asks, "What do you want to do with your life?" and "What will your journey be? Where will it take you?" In this way, it uses an autobiographical lens to promote self-help, healing and discovery.

This book will appeal to anyone who enjoys travel memoirs about personal transformation, in the vein of *Eat, Pray, Love*, or Andrew Sean Greer's *Less*. It will also appeal to fans of spiritual or allegorical self-help, such as Robin Sharma's *The Monk Who Sold His Ferrari* or Khalil Gibran's *The Prophet*. Finally, this is a book that will resonate with the massive readership of Karl Ove Knausgaard, as its focus is not on the high ecstasies and tragedies but on the smaller

movements and currents that, if and when we pay attention, direct our lives.

Author bio

Sara is a writer, entrepreneur and licensed psychologist with over fifteen years' worth of experience in the field. She is the founder of Art by Ekenstierna, Oakstar Invest and Ekenstierna Psykologkonsult. She was born in south Sweden in 1979 and has lived in Vancouver and Sydney. She was educated at the University of Victoria in British Columbia and at Lund University in Sweden.

Sara was a columnist for the popular Swedish professional magazine *Psykologtidningen*. She has also had her work published in the daily newspaper *Skanska Dagbladet*, and on online sites such as the *The Psychology Network*, *Mindfulness and Psychotherapy*, and *Positive Psychology and Spirituality: The Crossroads*. *By the River of Remembrance* is her debut novel. She's currently working on a second book.

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