



# Crazy Free: An Epic Spiritual Journey

*Melissa Wyld*

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**"Crazy Free - An Epic Spiritual Journey is the true story of one woman's solo adventures, over 15,000 miles by road, 2,660 miles on foot and 444 miles by kayak, with a side trip to the Indian Himalayas. A journey of exploration, transformation and awakening."**

Melissa Wyld once lived an irreproachably normal and comfortable life – successful career, loving husband, large suburban house: the full conventional happiness package. Her life was perfect ... except for the restlessness clawing at her heart and her obsessive need for fresh air.

*Crazy free* is the vivid and intimate story of the author's leap of faith to unplug and awaken. Her quest for ultimate freedom leads her to walk the entire length of the Pacific Crest Trail from Mexico to Canada, kayak the Yukon River, explore the path of yoga in the foothills of the Indian Himalayas, survive her greatest love, and embrace a full-time off-the-grid life in the back of her beloved Toyota truck. And, at each step, she must choose: surrender to the path of magic and unconventionality or shrink back to a world of debts, jobs, fears and social expectations.

## Praise for Crazy Free

"Many of us dream of giving up comfort and security for absolute freedom but lack the courage or confidence to really give it a go. If your mind ever goes there, this book will strike you to the core. If not, it might just take you there." ~ Evan J. Larsell, world traveler and big-wall climber

"Crazy Free is a sort of Eat Pray Love with dirt under the fingernails, an Into the Wild type of story where, thankfully, the heroine returns safe and sound from the wilderness, having learned, grown and transformed. [...]" ~ Christopher Loren, author of *Unspirituality – Permission to be human*

"Melissa Wyld is an original, expressive, and provocative writer, honest, vulnerable, wide open, intellectually curious, with a huge spiritual hunger and a courage to seek it out of life." ~ C.M. Evans, author of *The Oak Park Taoist Primer*

"I have read both Wild by Cheryl Strayed and Crazy Free by Melissa Wyld. Completely different experiences. Cheryl struggled with the miles, the men and her pack, Melissa had a charmed experience on a magical trail. ~ Brian Miyakusu, comment on a "hiking the Pacific Crest Trail" online discussion.

## Private comments on [www.crazyfreebook.com](http://www.crazyfreebook.com) - west coast book tour 2015

"I'm on page 71...can't put your book down...loving it... Your writing is absolutely heartfelt, open and beautiful" [later] "Your writing is so profound...I just love it and recommend your book every chance I get. I'm on page 299 now...I feel your joys and energy through your physical book and writing..so glad your thumbprint is on it!" [still later] "On pg 354... Such a great read... Only 13 pgs left... Don't want it to end." [and finally] "I finished your book and it was amazing...loved every word, every story; the way you describe each event made me feel like I was there." ~ Moana

“I LOVE YOUR BOOK!! I keep re-reading the section on the energy of how one sees their own reflection in the person they are looking at. Your book is helping guide me in my own spiritual journey. It was meant to be ; )” ~ Ashley

“Page 3 and I’m already hooked. Your prologue is beautiful and tears come freely. So much love to you, Wyld one!” [later] “Thank you so much for sharing your journey! It’s beautiful. Got to chapter 4. Wish I didn’t have to go back to work! Xoxo” [still later] “I didn’t want to finish your book! It replaced my morning sutra reading :) working on the next one yet? ;)” ~ Nichole

“Page 13, I love the style and direction of this story already. I already have a friend needing to read page 7. This will be a reference manual for me and others.” ~ Peter

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#### Christina McMullen:

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