



Drawn to the Rhythm: A Passionate Life Reclaimed

Sara Hall

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The inspiring story of one woman's journey of healing and transformation.

Sara Hall's life seemed perfect: a wealthy husband, a big house in an affluent suburb, three healthy children. But the surface of Hall's life hid a marriage filled with sorrow and pain. One day, at age forty-two, Hall sees a lone figure rowing in the harbor, and that image becomes her holy grail.

In this richly layered memoir, the author tells how her determination to master rowing a single shell gave her the courage to free herself from the dark forces of abuse in her childhood and the failure of her marriage. In lyrical prose, Hall describes the rigors of rowing, the elation of winning, the joy of total engagement in passionate enterprise, and the triumph of breaking free. Ultimately, she declares sovereignty over her life and wins a world championship gold medal. *Drawn to the Rhythm* is a brave and soulful book, written for all women who seek to find their strength and voice. 16 pages of b/w photographs

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