



## A Country in Mind: Memoir with Landscape

*Saskia Beudel*

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## **A Country in Mind: Memoir with Landscape** Saskia Beudel

The chunk of land bordering Western Australia, South Australia, and Queensland is known as Namatjira. For most of us it is remote; geographically and metaphorically it is the heart of Australia. After a period of loss and much change, Saskia Beudel was inspired to begin long distance walking. Within 18 months, she had walked Australia's Snowy Mountains, twice along the South Coast of Tasmania, the MacDonnell Ranges west of Alice Springs, the Arnhem Land plateau in Kakadu, the Wollemi National Park in New South Wales, and in Ladakh in the Himalayas. Throughout the course of her journeys, she experienced passages of reverie, of forgetfulness, of absorption in her surroundings, of an immense but simple pleasure, and of rhythm. The book that emerged contrasts her internal landscape with the external landscape, considering her relationships with her family in the context of environmental and anthropological histories. It champions the history of Australia's Namatjira country and conveys social and environmental issues. A Country in Mind is a narrative memoir of one woman's reflections on home, family, and belonging, while traversing remote and ancient landscapes. \*\*\* "The Australian Outback is depicted with such gorgeous language in Beudel's book that it almost feels as though you're seeing it with your own eyes. There is, however, more to this book than just description. The history and spirituality of the region is the glue that binds this alluring memoir together and turns it into a journey through Australia unlike any other." - World Literature Today, Jan/Feb 2015



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