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Karin Marcus demonstrates nature's power to heal in new book

Author chronicles personal journey in her memoir, 'Birding through Cancer'

NARBERTH, Penn. — “Birding through Cancer: A Seasons of Change Journey” ([published by Balboa Press](#)) is an inspirational memoir that takes readers on one woman’s journey weathering a frightening diagnosis by immersing herself in nature.

“My life was going along merrily, when out of the blue I was told that I had cancer,” explains author Karin Marcus. “As it often does, that powerful word immediately sent me into a tailspin. I desperately needed to find my footing and prepare myself for what was to come.”

She found her safe ground in the Seasons of Change program. “In the eternal cycle of the seasons, nature has long been showing us how to adapt to life’s challenges,” says Marcus. “Now I needed to apply that wisdom to restore my mental and physical health.”

Marcus explores how she came to find hope and inspiration by turning to nature during her treatments. With nature as her guide and confidant, she found the emotional space she needed to grant her a nurturing perspective. “Being mindfully present in nature allows our hearts to hear and heal,” she says.

“I hope that by sharing my journey the reader will be awakened to the healing power of nature, and be encouraged to venture outside and reconnect with the natural world.”

“Birding through Cancer”

By Karin Marcus

Softcover | 8.5 x 8.5 in | 110 pages | ISBN 9781504356541

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Available at Amazon and Barnes & Noble

About the Author

Karin Marcus is a professional life coach in the Greater Philadelphia area. Her private practice, Stepping Out Coaching, focuses on supporting individuals through life's many transitions by helping them to embrace change and reinvent their lives. Marcus also trains other professionals in the Seasons of Change transition model, developed by Carol McClelland, PhD. She has a bachelor’s degree in physical education and a master’s in movement therapy. Happily married for 40 years, with two grown daughters now living on their own, Marcus and her husband Carl have more time to enjoy their passion for bird watching and the outdoors. More information is available at: www.SteppingOutCoaching.com and www.SeasonsofChange.com.

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