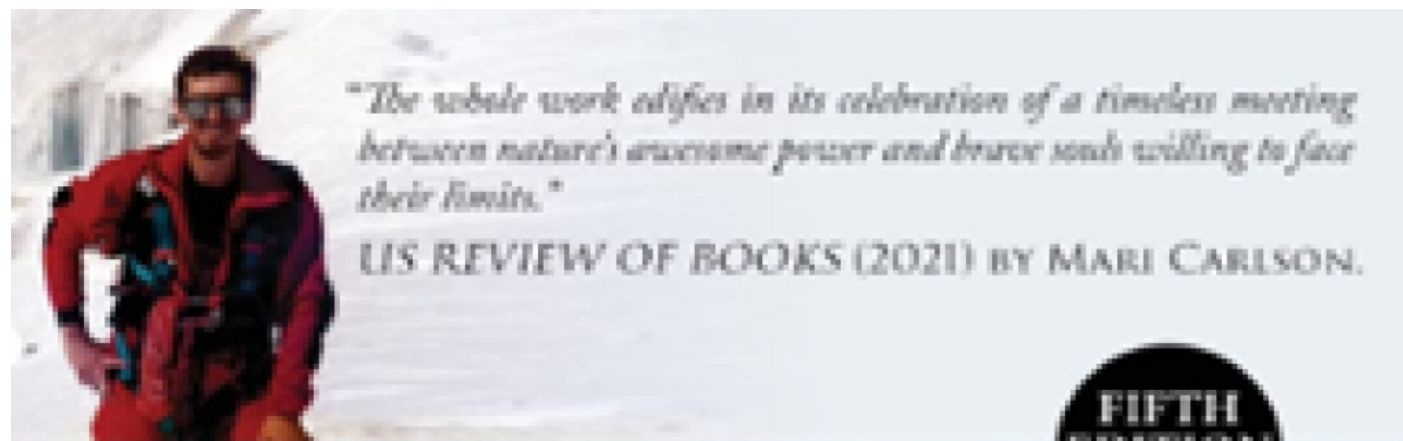


Alan V. Goldman's Insightful and Pensive Collection of Poems Unveils Some of Life's Most Profound Lessons



"The whole work edifies in its celebration of a timeless meeting between nature's awesome power and brave souls willing to face their limits."

US REVIEW OF BOOKS (2021) BY MARI CARLSON.

**FIFTH
EDITION**
Revised and
Expanded

ALAN V. GOLDMAN

REFLECTIONS ON *Mountaineering*

A JOURNEY THROUGH LIFE
as Experienced in the Mountains



Wilmington, Delaware Oct 26, 2023 ([Issuewire.com](https://www.Issuewire.com)) - In the timeless realm of the mountains, poetry finds its spiritual kin. As climbers ascend treacherous heights, heartbeats echo the cadence of verses, breaths can form stanzas in the thin air, and the summit is akin to the pinnacle of inspiration. Nature's grandeur and human endeavor entwine in poetic unity.

Author, adventurer, and mountaineer Alan V. Goldman presents the Revised and Expanded Fifth Edition of his captivating and enlightening book, "Reflections on Mountaineering: A Journey Through Life as Experienced in the Mountains."

With one hundred thirty-eight Narrative-style poems, this latest edition offers an extraordinary glimpse into the wisdom and insight amassed during Goldman's remarkable three-decade-long journey through the world of mountaineering.

A masterfully woven tapestry of rhyming verses, blank verse, and "prose-poems" -- all of which are told in a Narrative format in that they all seek to convey an intelligible story having a moral or life-lesson. This Book skillfully encapsulates the essence of the entire process of mountaineering, viewing climbing as a way of life, and not just the attainment of a summit here or there. Drawing from personal experiences and shared insights with fellow mountaineers, both instructors and peers, Alan V. Goldman discovered a profound parallel between the moral dilemmas of everyday life and those intensified by the unforgiving heights of the mountains.

Goldman's narrative invites readers to meditate on the very nature of reality, as observed through the lens of human exploration and achievement. The poems explore the effects of awe and wonder, the conquest of fear, the magnetic allure of towering summits, and the enigmatic roles of luck, fate, and chance. Through his thoughtful words, Goldman unveils the "hidden truths" that mountaineers are often said to encounter, making them accessible to all.

The book delves into the human perception of reality, the "meaning of life" itself, and how climbers bestow human meaning upon the mountains by the "existentialist" act of scaling their peaks. Goldman reflects on a variety of themes, including the need to confront challenges, the perceived fluidity of time's passage in the mountains (e.g., the sensation of time "slowing down," etc.), and other valuable insights gained within the mountain arena.

Readers will also explore the emotional spectrum of mountaineering, from the elation of conquering both mountains (and oneself) to the inevitable trials of defeat. The Book underscores the profound significance of preparation and discipline in mountaineering, offering insights into the ultimate human quest for success and self-discovery.

"[Reflections on Mountaineering: A Journey Through Life as Experienced in the Mountains](#)" is a testament to the human spirit's resilience and the transformational power of nature's grandeur. Goldman's eloquent prose and poetic verses serve as a beacon, guiding readers through the intricate web of humanity's struggles in the mountains.

This remarkable Revised and Expanded Fifth Edition of the Author's Book is now available on various online platforms, including [Amazon](#) and [Barnes & Noble](#), and other outlets, some of which are listed on

the Author's fulsome Website, www.mountainreflections.art.

Get your copy today and partake of Goldman's cup of creativity and insightful lessons about human nature while under duress.

Buy the book "[Reflections on Mountaineering: A Journey Through Life as Experienced in the Mountains](#)" (FIFTH EDITION, Revised and Expanded): Goldman, Alan V.

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About the Author

Alan V. Goldman is a graduate of Horace Mann School, (1975); Harvard College, (1979); and Harvard Law School, (1982). He was elected a Member of The Phi Beta Kappa Society in 1979. In addition to his mountaineering adventures, he practiced law for many years and is now retired.

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