



Book Of Vision Quest: Personal Transformation in the Wilderness

Steven Foster

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Blending numerous heritages, wisdoms, and teachings, this powerfully wrought book encourages people to take charge of their lives, heal themselves, and grow.

Movingly rendered, *The Book of the Vision Quest* is for all who long for renewal and personal transformation. In this revised edition—with two new chapters and added tales from vision questers—Steven Foster recounts his experiences guiding contemporary seekers. He recreates an ancient rite of passage—that of “dying,” “passing through,” and “being reborn”—known as a vision quest. A sacred ceremony that culminates in a three-day, three-night fast, alone, in a place of natural power, the vision quest is a mystical, practical, and intensely personal journey of self-knowledge.

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