

# No Hurry to Get Home: A Memoir of Love and Loss in the Himalayas

In *No Hurry to Get Home*, neurologist and travel writer Jessica Shattuck recounts her harrowing and ultimately transformative journey through the Himalayas after the sudden death of her husband.



## No Hurry to Get Home: A Memoir by Emily Hahn

★★★★☆ 4.1 out of 5

Language	: English
File size	: 3895 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 328 pages
Lending	: Enabled



Shattuck and her husband, Scott, were avid trekkers. They had trekked through the Himalayas together several times, and they were planning another trek when Scott was diagnosed with a terminal illness. He died just three weeks later.

Shattuck was devastated by Scott's death. She didn't know how she would go on without him. But she knew that she had to keep living, and she knew that she had to find a way to cope with her grief.

A few months after Scott's death, Shattuck decided to go on the trek that they had planned together. She thought that it would be a way to honor his

memory and to find some peace in the mountains that they loved.

The trek was physically and emotionally challenging. Shattuck had to deal with altitude sickness, exhaustion, and the constant reminder of Scott's absence. But she also found beauty and solace in the mountains. She learned to appreciate the simple things in life, and she began to heal from her grief.

Shattuck's memoir is a moving and inspiring story about love, loss, and the power of nature to heal. It is a must-read for anyone who has ever experienced grief or loss.

### **Alternate Text for Images**

\* Image of Jessica Shattuck on a trek in the Himalayas: A woman in a hiking outfit is sitting on a rock, looking out at the mountains. \* Image of Scott and Jessica Shattuck on a trek in the Himalayas: A couple is walking through a field of wildflowers, holding hands. \* Image of Jessica Shattuck scattering Scott's ashes in the Himalayas: A woman is standing on a mountaintop, scattering ashes.

### **Long SEO Title**

No Hurry to Get Home: A Memoir of Love, Loss, and the Healing Power of the Himalayas



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