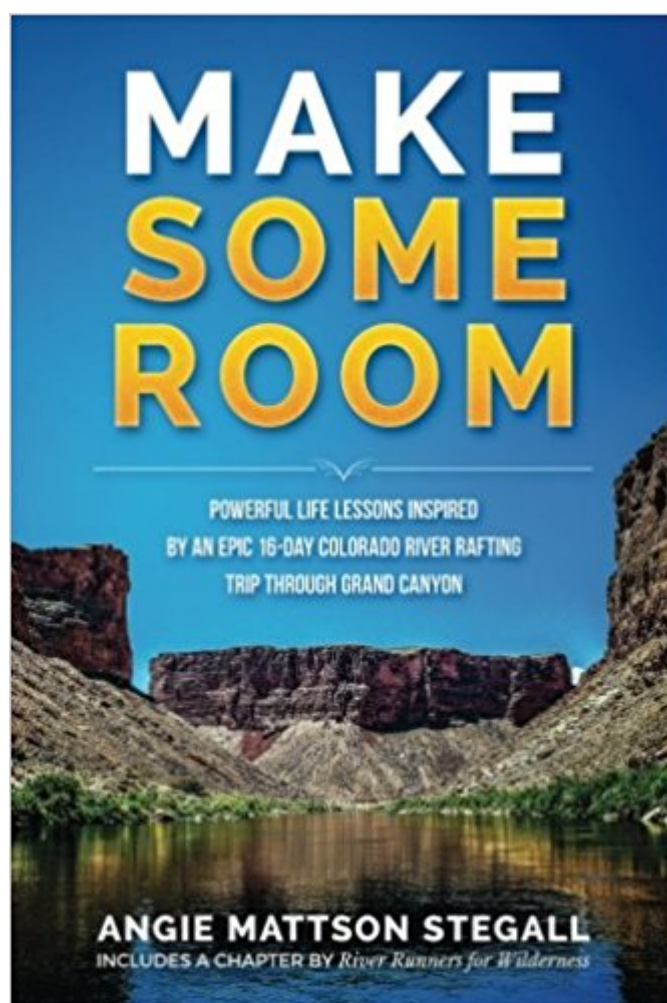


The book was found

Make Some Room: Powerful Life Lessons Inspired By An Epic 16-day Colorado River Rafting Trip Through Grand Canyon



Synopsis

In June of 2013, author Angie Mattson Stegall and her then-boyfriend/now-husband Nelson spent sixteen days rafting 225 miles of the Colorado River through Grand Canyon. Having never done a trip like this before, she wasn't really sure what to expect. Thankfully, the friends who invited them prepared them well: 1. Take everything you think you will need. 2. Leave everything else behind. Turns out, everything she needed fit into a bag about the size of a small Golden Retriever. During their trip, their six rafts held the rest of the gear they would need: kitchen and food, bathroom setup (aka "Groovers"), and assorted emergency gear. The motto of Grand Canyon is "Pack it in; pack it out." And that means EVERYTHING. So, it went that they spent sixteen days sleeping under the stars and Milky Way and keeping track of trash and crumbs (called "microtrash"). It was also sixteen days of trying to keep sand out of her contact lenses.

Here's what she learned during that trip:

- It doesn't take much to keep sixteen people happy. A filling meal three times a day plus some snacks goes a long way.
- Wearing pretty much the same clothes for days on end isn't a big deal.
- Taking a bath (in the 49 degrees-cold river) every three or four days makes being clean all the sweeter.
- Nature is all around and she is beautiful. Slowing down and paying attention is like creating the most delicious meditation + prayer milkshake.
- The rapids were big and fast and the water was cold. She was scared shitless more than a few times. There was no option but to keep going. So, she did.
- Laughter, conversation, and connecting with those sixteen people were a crucial part of each day.
- She didn't think about money on the Canyon. Except for one stop at Phantom Ranch (deep at the bottom of the Canyon) for postcards and lemonade, there was literally no place to even use money. If they needed anything, they traded for it. Beer for toilet paper. Beer for ice. Will swim for beer! It turned out beer was quite the bartering tool.
- Drink more water. That was the answer for everything from general crankiness to major headaches. Simplifying your life down to a bag and a boat showed her what was important. The author fell in love with the simplicity and rhythm of each day.

The Make Some Room Manifesto In a world where our modern lives tend to be chaotic, noisy, and over-scheduled, making some room can be a real challenge. She found that her time on the Colorado River in Grand Canyon created the space for her to think about her life very differently. This trip set the stage for her to write the Make Some Room Manifesto, which she's sharing with you in detail in this book. She champions not only understanding but also moving into ACTION. So, to help you learn how to make some room in your own life, Angie decided to turn this into a "how to" book which focuses on the twenty ideas outlined in her Make Some Room Manifesto. In simple terms: Angie wants to guide you to make some room. Her wish is that everyone has the opportunity

to have a Grand Canyon-like experience at least once in their lives. This book is her way of sharing her personal experience. Her hope is it hits you like a ton of bricksâ |or a two-by-four upside your headâ |or that it quietly but relentlessly tickles your subconscious like a gentle featherâ |something, anything that can wake you up to life and inspire you to begin living your life on purpose. She believes you will benefit from what she has learned and discovered. Your only task is to focus on what resonates with you. Leave the rest behind. One final note: Each chapter of the book contains stories about her time on the river and then goes â œBeyond the Canyonâ • with ideas, action steps, and even checklists to help you focus on whatâ™s essential for you. Dive in!

Book Information

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Customer Reviews

Angie Mattson Stegall is an award-winning author, executive coach/consultant, and freedom finder. â œI support leaders who are ready to ask BIG questions, to explore new perspectives, and to think outside the boring box.â • Her profound sense of adventure, creativity, and her deep knowledge of "soft skills" (think: communication, emotional intelligence, diplomacy, and working with teams) allows her to guide her clients and their teams through activities in a way that invites them to engage with their own creativity. The result is individuals and teams who get excited about out-of-the-box thinking that leads to new ideas and new perspectives on their personal or professional projects, in their work, and in deeper ways that positively impacts many areas of their personal lives, too. At a deeper level, Angieâ™s work is grounded in love and comes from a deep place of wanting to be of service. She often says, "It's okay to want what you want. Admit what you want and want it with your whole heart." Her work is about healing. Bringing the light. Ending

suffering in the world in the weird, awkward, powerful, soul-satisfying way that she does it. Professionally, Angie teaches business seminars at community colleges and speaks to a variety of business leadership groups. She has also been interviewed by The New York Times and NPR/WFAE's Charlotte Talks with Mike Collins and was the featured entrepreneur on WTVI/CPCC TV's Great Ideas program. Angie won the 2014 Women's Business Award (author category) at the fifth annual Women's Business Conference and is a Founding Member of the Brevard Authors Guild. Other books written by Angie Mattson Stegall include: 1. How Your Disorganization is Stealing Your Time, Your Attention and Your Health 2. Focus on Five: How to Organize Your Five Essential Business Systems 3. Ponder This: How Everyday Experiences Deliver Unexpected Insights in Business and Life Personally, she's an avid flatwater kayaker, hiker, and camper. She and her husband live tiny in Pisgah Forest, North Carolina. They explore the world under the moniker Yukon & Bean (www.YukonandBean.com). If you are interested in partnering, sponsoring, or inviting them to speak to your group, please reach out to yukonandbean@gmail.com. Please feel free to contact Angie directly at angie@yourorganizedguide.com or fill out the Contact Me form on her website at: www.AngieStegall.com.

I absolutely loved this book. I love the tie in to nature and the reminder of how crazy we allow things to get. The importance of being mindful and proactive with making changes for the calmer and better is so important a message. Thanks!

I don't know the author very well but she came highly recommended, and NOW I understand why. This book is short and sweet. The author's message is succinct, clear and includes a dynamite "Make Some Room Manifesto" post card to help remind you how your life can be. I put mine in a prominent place to look at several times a day helping me find my "better" self. My happier self! As you read this book many of her words jump off the pages into your minds eye as you think, how could I have forgotten these simple facts. Twenty short chapters of wonderful common sense ideas that we just don't take the time to think about because our lives are moving too fast! Maybe all might not apply to you but many hit home for me! The author, Angie Mattson Stegall, talks about downsizing her life and how much bigger and better her life has become. Her words resonated with me as I recently sold my home and have taken up the smallest space ever to live! Life is already feeling grander. Her "Be bold. Be brave. Take Action." had me smiling too as I recently turned to a different, more fulfilling path in my career. I did this by getting rid of the clutter. "Slow down, breathe,

make some damn room"! I like this author and I love her book. Simple, smart and effective. Good read and great resource. Get yourself a copy and one to share, your friends will love you for it!

I was eager to read Angie's latest book since I had heard about the impact of this trip on the direction of her life and her work. I first worked with Angie four years ago after I started my business. She has an amazingly powerful presence that inspires you to speak the truth out loud, truth you didn't even know you knew until she asked one of her famously clarifying questions. Truth that for me was buried in the gunk of fear, self-doubt, shame and resistance. She is so warm and compassionate that I trusted her the minute she walked in my office. Within minutes, I found myself telling her things that I hadn't shared with anyone ever. And a few things I hadn't even admitted to myself. When you read her book, you encounter sentences that resonate and remind you of what you know to be true but may have forgotten....or didn't realize you actually know the answer. In her very readable book, **MAKE SOME ROOM**, I loved how she described how the packing and unpacking rituals underscored for her the importance of paying attention to our priorities...and the near disasters of what can happen when we don't. I loved how she documented how her passion for the river and nature ultimately translated into her newfound passion for simplicity. She is someone who walks her talk and inspires the people around her. She showed me that by downsizing her life, she is able to live a much bigger life and she encouraged me to consider what a bigger life would look like for me and helped me discover what was in my way. I have a copy of her manifesto over my desk. My favorite line is "Busy is a bulls*** word. Say something real." I'm proud to say that "busy" is no longer part of my vocabulary. I've accidentally used it twice when referring to other colleagues' schedules. You have to read her book to appreciate the full context and why it left such a strong impression on me. Her writing is clean and straightforward. And I love her willingness to share her vulnerability. She writes about her challenges and how she overcame them in a way that is both illuminating and instructive. As a writer myself, I am in awe of her discipline and dogged determination to put words on the page no matter what. Brian Andreas wrote "Most people don't know there are angels whose only job is to make sure you don't get too comfortable, fall asleep and miss your life." Angie is one of those angels and I'm grateful to have met and worked with her.

I listened to Angie speak at a Women's Conference in Asheville, NC recently and purchased her book as a result of her inspiring message. I have flipped through the book and read specific parts

and all I can say is this book will definitely change my life. I cannot wait to go through it chapter by chapter, implementing the action items. I can already see by just doing a couple of the endless suggestions she gives, that my life will change dramatically in terms of doing what I enjoy, cutting the frivolous and meaningless stuff I do, and ultimately on my death bed I can say that I "lived life to the fullest". The book is an easy read, with a lot of bullet points and places for you to write in answers to questions to find your true joy. Also go to her website yukonandbean.com for photos and more information.

Loved Make Some Room! Insightful, clear, clarifying and true. Stegall offers a great assessment of fear, and how to move through it, that is applicable to all aspects of life and business. Here's my favorite line about fear: "Thus, I learned how to be bold and brave in fourteen second intervals." Thank you for this reminder that courage is possible, even in small increments.

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