



FOR IMMEDIATE RELEASE

## **Kilimanjaro One Woman's Story of Determination, Courage and Adventure**

PHILADELPHIA, PA (August 13, 2012) - We all have a journey we're on and the paths we take in life are often ones not chosen by us but are a direction we feel we must take because of our current state of being.

But what happens when you challenge yourself to look beyond your norm and the expected? At the point of challenge is where we meet Philadelphia native Deb Denis, a 45-year old wife, mom, executive coach and organizational consultant. With years of experience helping others break through in their careers and personal lives, Deb found herself in need of something; something big, something monumental.

The idea of climbing Mount Kilimanjaro began to form in Deb's mind while traveling for business when she learned of two colleagues who had tried the task - one was successful, one was not. "It never crossed my mind to do something like that," she recalls. But as she neared the end of this leg of travel she couldn't shake the idea of the climb. Deb made a commitment to herself to train for the challenge and she gave herself until the age of 50 to accomplish the goal.

But what happens when plans change and the opportunity to meet Mt. Kilimanjaro comes quicker than planned--at a time when her family is in crisis? What will she do?

"I couldn't put it down. Kilimanjaro is a wonderful metaphor that carries the author's story: the difficult encounter with her own "Self" and the courage and determination to work through it..."  
—Letizia Amadini-Lane, Vice President, Global Employee Value Proposition, GlaxoSmithKline

"Get ready for the journey of a lifetime! Deb Denis takes you with her, step by step, as she climbs the rugged slopes of Mount Kilimanjaro—and ventures deep into the yearning for adventure that lives inside us all..." — Deb Giffen, Director, Innovative Learning Solutions, Wharton Executive Education

Read the story of one woman's brave journey—how she prepared to go it alone and the heart-wrenching life lessons she learned along the way.

The title of the book is "Kilimanjaro One Woman's Journey to the Roof of Africa and Beyond." It's a true story, written by a woman who travelled to Africa alone and beat the odds: only 41% of those who attempt to reach the summit of Kilimanjaro actually do. And she took the most dangerous route, the Western Breach, which many don't consider a route at all. In the genre of "Wild," with a dash of "Into Thin Air" and "Steel Magnolias," there is no other book exactly like it.



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Marion Grace Publishing was established in 2012 as an independent book publisher.

**Book Title: Kilimanjaro One Woman's Journey to the Roof of Africa and Beyond**

Written by: Deb Denis

Foreword by: Simon Mtuy, World record holder, fastest unsupported ascent and descent of Mt.  
Kilimanjaro

Published in the United States by Marion Grace Publishing, P.O. Box 198, Newtown Square,  
Pennsylvania 19073, U.S.A.

240-pages in paperback, also in eBook for Kindle, Nook & iReader. Available from the  
Publisher via <http://www.mariongracepublishing.com/>

A website with photo essay and links to the author's video from the mountain was created to  
accompany the book: <http://www.hersolosummit.com/>

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ISBN 978-0-9857527-4-3 (Paperback)

ISBN 978-0-9857527-0-5 (Kindle)

ISBN 978-0-9857527-1-2 (EPUB)

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