

ANDREW FORSTHOEFEL

Author, Speaker, Peace Activist

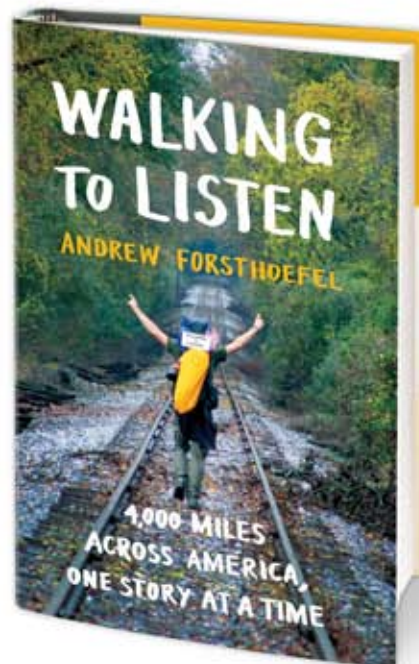


After graduating from Middlebury College in 2011, I spent eleven months trekking across the United States with a sign on my pack that read "Walking to Listen," recording interviews with the people I met along the way. I co-produced a radio documentary about this project that was featured on Transom.org and *This American Life*, and my book, *Walking to Listen: 4,000 Miles Across America, One Story at a Time* (Bloomsbury, 2017), tells the tale of the journey.

Drawing from the experiences of my year-long initiation on the road, and from the abundance of lived fodder that comes from an active contemplative practice, I offer my work as a contribution to the collective project of learning how to be human together with love—united by our diversity, empowered by sharing the inherent vulnerability of being alive, and freed by opening to truth.

MY WORK IN 3 FORMS

- 1 WRITING-**
Putting my wonder to words.
- 2 SPEAKING-**
Spinning stories and mining them for insight.
- 3 TEACHING-**
Exploring the practice of listening as a catalyst for connective presence, personal transformation, and peacemaking.



FOR MORE INFO PLEASE VISIT- LIVINGTOLISTEN.COM



B L O O M S B U R Y

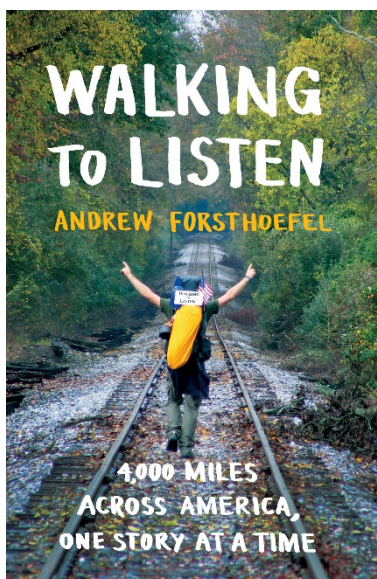
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WALKING TO LISTEN

4,000 Miles Across America, One Story at a Time

By Andrew Forsthoeffel



“Forsthoeffel offers moments of genuine kinship and transcendence . . . Millennial ennui turns into a search for meaning in an intriguing portrait of America.” —*Kirkus Reviews*

“Forsthoeffel’s conversation with America is fascinating, terrifying, mundane, and at times heartbreaking, but ultimately transformative and wise.”

—*Publishers Weekly*

At twenty-three, Andrew Forsthoeffel walked out the back door of his home in Chadds Ford, Pennsylvania, with a backpack, an audio recorder, his copies of Whitman, Rilke, and Gibran, and a sign that read “Walking to Listen.” He had just graduated from Middlebury College and was ready to begin his adult life, but he didn’t quite know how. So he decided he’d walk across the country and listen to the stories of the people he met along the way. It would be a cross-country quest for guidance, and everyone he met would be his guide. In **WALKING TO LISTEN: 4,000 Miles Across America, One Story at a Time** (Bloomsbury; on-sale: March 7, 2017; ISBN: 978-1-632-86700-1; \$28 hardcover; 400 pages) Forsthoeffel chronicles his incredible journey across the United States.

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Walking toward the Pacific, Forsthoefel faced the full range of the elements, from an Appalachian winter to a Mojave summer. He met beasts inside: fear, loneliness, doubt. But he also encountered great kindness from strangers. Thousands shared their stories with him, sometimes confiding their prejudices, too. Often he didn't know how to respond. How to find unity in diversity? How to stay connected, even as fear works to tear us apart? As he listened for answers to these questions, and to the existential questions every human faces, he began to discover that the answers often lie in the listening itself.

Ultimately, it's the stories of others living all along the roads of America that carry this journey and sing out in a hopeful, heartfelt book about how a life is made, and how our nation defines itself on the most human level.

ABOUT THE AUTHOR

Andrew Forsthoefel is a writer, radio producer, and public speaker. After graduating from Middlebury College in 2011, he spent nearly a year walking across the United States. It was the greatest privilege and blessing of his life. He first recounted part of that journey in a radio story featured on *This American Life*. He now facilitates workshops on walking and listening as practices in personal transformation, interconnection, and conflict resolution. He is currently based in Northampton, Massachusetts. Follow him at <https://walkingtolisten.com/>.

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Andrew Forsthoefel is available for interview. For more information please contact:

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Advance praise for *WALKING TO LISTEN*

“Forsthoefel offers moments of genuine kinship and transcendence ... Millennial ennui turns into a search for meaning in an intriguing portrait of America.”

—**Kirkus Reviews**

“In this moving and deeply introspective memoir, Forsthoefel writes about the uncertainties, melodramas, ambiguities, and loneliness of youth ... Forsthoefel’s walk becomes a meditation on vulnerability, trust, and the tragedy of suburban and rural alienation ... [his] conversation with America is fascinating, terrifying, mundane, and at times heartbreaking, but ultimately transformative and wise.” —**Publishers Weekly**

“Whoever you are, wherever you’re from, you need to read this book. You need to read it for its searing honesty, its hopefulness, and its grace. You need to read it because its story is your story, too. Andrew Forsthoefel walked across a continent to listen to strangers and learn from them. There is great wisdom in his footfalls, and you are holding it in your hands.”

—**Sue Halpern**, author of *A Dog Walks into a Nursing Home*

“In a world of congestion and noise Andrew Forsthoefel has written a book that opens up an ocean of sublime reflective space. As refreshing as it is timeless and endearing, Forsthoefel deftly shifts between his inner being and the people’s lives that flow through him, mile by mile ... Ultimately Forsthoefel inspires us to be more curious in life and less offended—a virtuous philosophy in what appears to be an age of increasing polarity in American society.”

—**Tim Cope**, award-winning author of *On the Trail of Genghis Khan*

“If you look at Andrew Forsthoefel’s journey on a map, it’s a tiny thread, an infinitesimal crack, yet it’s enough to break loose America’s stories: The open hearts and closed minds, the love and the fear, the beauty and danger, the wisdom.” —**Jay Allison**,

producer of *The Moth Radio Hour*

“In dark times, this is a book that restores your faith in humanity. Beautiful.”

—**Johann Hari**, author of *Chasing the Scream*

“With a name like Forsthoefel, it had better be good ... And it is, combining the best humanistic aspects of Walt Whitman, Barry Lopez, John Steinbeck, William Least Heat-Moon, and Marco Polo.” —**Albert Podell**, author of *Around the World in 50 Years*

“Some books you fall in love with on the first page. *Walking to Listen* is one of those books. This quixotic, analog journey will restore your faith in millennials, in America, in humanity.

Forsthoefel writes with a grace and quiet wisdom that belie his years. There’s a little Kerouac in these pages, a touch of Thoreau, and even Forrest Gump, but what shines through is an original voice demanding to be heard. Listening is pure pleasure.” —**Eric Weiner**, author of

Geography of Genius, The Geography of Bliss, and Man Seeks God