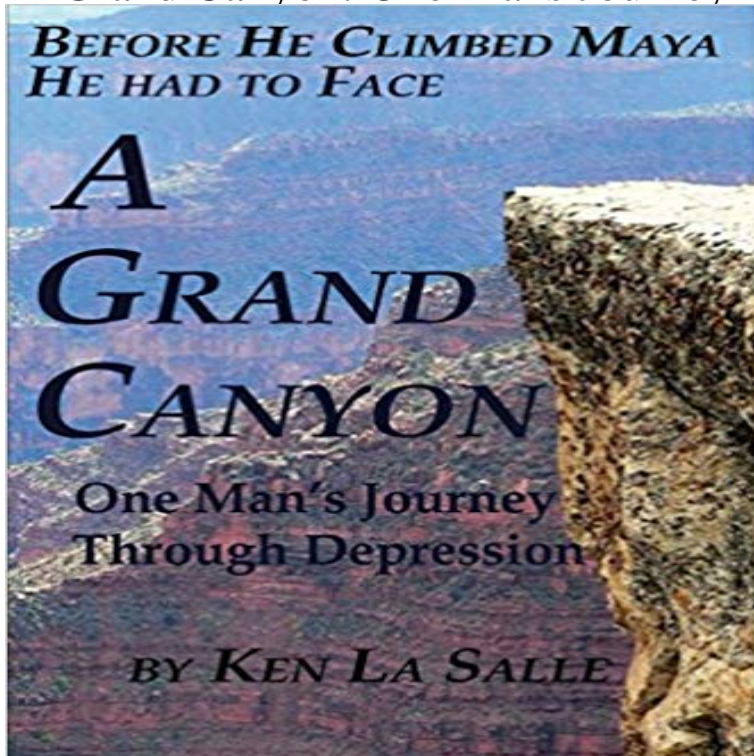


A Grand Canyon: One Mans Journey Through Depression



Before Climbing Maya, author Ken La Salle had to face A Grand Canyon, a wasteland of depression, doubt, loss, and misery. In September 2002, Ken left his home and drove to the Grand Canyon to kill himself. The only life hed ever known was little more than a shambles. Hed lost his wife and now he realized that he really couldnt live without her. His choices were to either continue facing it with self-destruction, drugs, and booze, or a running start and a jump over the edge to end it all. Kens story is filled with dysfunctional families, love found and lost, breakups, breakdowns, and remarkable hope. Its the true story of a man lost without love and too destroyed to think he deserves love. But the most amazing part of the story isnt what set him on the road to the Grand Canyon, its what happened... afterwards...

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