

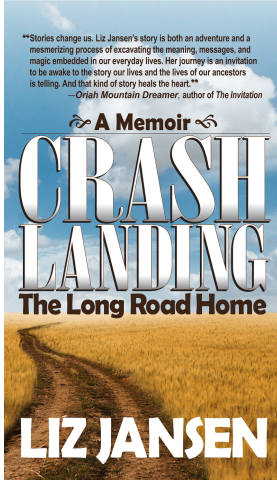
# Crash Landing

## Information Sheet

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**Genre:** Memoir

**ISBN:** 978-1-987853-08-7

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Available at all online retailers & select book shops.

**Price:**

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Digital: \$7.90 CAD/\$5.99 USD

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### Book Description

A compelling, adventurous, and poignant narrative showing how the heart always knows the way home.

As Liz Jansen approached her sixtieth birthday, she needed to understand how the experiences of her German Mennonite ancestors, who'd arrived in Canada as Russian refugees ninety years earlier, had shaped her. Seeking answers, she set off across the country on her motorcycle to visit the places they'd lived as they established themselves in a new world.

Three weeks later a catastrophic crash threatened to sideline her quest. Instead, the ensuing time of uncertainty and stillness led her deeper into the exploration of her cultural roots, and her self.

### About the Author

Niagara native Liz Jansen was born into a German Mennonite culture, the granddaughter of Russian refugees. Since she began riding a motorcycle at age sixteen, she's logged hundreds of thousands of miles of mostly solo riding across Canada and the United States. While Liz enjoys the rugged beauty of Ontario's northern wilderness, she has a particular fondness for the open expanses of the Canadian prairies and Midwestern plains.

Liz is a member of the Writers' Union of Canada, the Non-Fiction Authors Association, the Alliance of Independent Authors, and the Independent Book Publishers Association. *Crash Landing* is her third book. She lives in Ontario with her cat, Measha, and Trudy, her Triumph Tiger motorcycle.

### Endorsements

"Stories change us. Liz Jansen's story is both an adventure and a mesmerizing process of excavating the meaning, messages, and magic embedded in our everyday lives. Her journey is an invitation to be awake to the story our lives and the lives of our ancestors is telling. And that kind of story heals the heart."  
~ Oriah Mountain Dreamer, author of *The Invitation*

"This is today's version of *Zen and the Art of Motorcycle Maintenance* if the book had been written by a sixty-year old woman with a bladder infection who had a great knack for crashing. Liz Jansen isn't your typical rider, nor is this your typical self-help book. Jansen will do whatever it takes to heal herself, and the result is compelling, startling, and fun." Alexandra Shimo, author of *Invisible North*

"Made me want to hop on a motorcycle and travel not only 'cross country but deep into my own spirit." Joan Dempsey, award-winning author of *This Is How It Begins*.

For more information, editorial opportunities, interview requests, or review copies, please contact Liz Jansen [liz@lizjansen.com](mailto:liz@lizjansen.com) or 647-224-2287.