

Coming in October

Get your copy at Amazon, Barnes & Noble, and Lulu

I Am Goldmund:

My Spiritual Odyssey with Narcissus



This remarkable memoir recounts the author's spiritual odyssey with one of those exceptional people, a modern man, a Trappist monk. The story of their friendship is even more incredible because in 1930 Nobel Prize winning author, Hermann Hesse, wrote his famous novel about just such a fascinating friendship between two medieval men—*Narcissus and Goldmund*.

It is an amazing mystery that Hesse understood the depth and width of Narcissus and Goldmund's friendship half a century before the author embarked on the selfsame voyage of friendship and love when, at the age of twenty, he entered a Trappist monastery in California where he met his own Narcissus and discovered an identical passion and understanding created from archetypal forces brought together in one place by unseen, powerful forces of the cosmos.

"Let me introduce myself. I am Goldmund. This is my story."



Author, **Charles Frode**, a lifetime Language Arts teacher, writer and author. Bilingual husband to a modern Aztec Princess, a guitarist, foodie, and spice-obsessed cook. He and his wife and two youngest children live in Boise Idaho where he is an ESL teacher working with incarcerated juveniles. He meditates daily so he doesn't become imprisoned by his thoughts. Currently working on finishing his 3rd collection of short stories bravely called, *Dreaming of Fish & Other Liquid Stories of Spirit, Manifestation, and Will*.