



Committed Undone: A tale of love and love lost, retirement, travel and spiritual healing

Elizabeth Mary Lowrie

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In the process of considering whether or not to retire, Elizabeth's world begins to fall apart when Liz Gilbert publishes *Committed*, the sequel to her best seller *Eat, Pray, Love*. In *Committed*, Liz and her new beau (Felipe) are described as survivors of 'very, very bad divorces'. This is a huge shock to Elizabeth Lowrie, 'Felipe's' ex-wife: she had always believed their split had been gracious. In order to try and make sense of the chaos around her, Elizabeth embarks on the trip of a life time – to move 'the energy' to a better place and to make decisions about her future. She explores what a professional woman considers when retiring. This is the story of Elizabeth's journey of healing from her initial feelings of grief and betrayal to finding inner peace and compassion. It is an 18 month memoir of personal, emotional and spiritual growth as Elizabeth white water rafts down the Grand Canyon, meditates for six weeks in Brazil, and travels across Canada by train. This story is Elizabeth's truth.

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