

7 lessons I had to go to Outer Mongolia to learn



Liza F. Carter

Scientist, Artist, Researcher,
Photographer.

I said “yes” to adventure and lived with a nomadic family in Mongolia in my own version of **Eat, Pray, Love**.

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- ≈ Masters from **Yale University** in Environmental Studies.
- ≈ Founder of Hidden Corners, one of the first tour operators offering trips to Mongolia.
- ≈ **200 gorgeous photographs** to transport viewers into the heart of another world.
- ≈ “A rare and in-depth look at the fast-disappearing nomadic culture of Mongolian.” ≈

Michael Kohn, Author of **Lonely Planet's** guide to Mongolia.

Moving with the Seasons

Portrait of a Mongolian Family

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1. **What Mongolian nomads can teach us about living a healthier, happier life.**
2. **Having LESS “stuff” opens the door for new things to enter one’s life**, whether it’s experiences, people or new treasures.
3. **Why we should all open our homes to strangers.**
4. **Would you say you had a perfect life?** You’ll be surprised at how a Mongolian nomad answered that question.
5. **Bigger is not better.** We spend our lives striving to be big, to amass more. We need places like Mongolia on the planet to remind us that it is OK to be small and to live in balance with nature rather than striving to dominate nature.
6. **Americans have a feeling of scarcity in the midst of abundance, while Mongolian nomads have a sense of abundance in the midst of material scarcity.** Would you share your mittens if it were 20° below zero? Mongolian children would.
7. **How to have a life-changing experience when traveling.**
 - ◆ Arrive during an “Auspicious Day for Castration?” Participation is always better than observation.
 - ◆ Use a camera to build connections across cultural divides.
 - ◆ **Find a way to give back. 50% of the profits from my book will go to supporting medical care for nomadic children in Mongolia.**

Additional Story Ideas:



- 🐪 **Camels, Photography, Love:** The true story of my journey as a scientist, artist, researcher, and mother in a land I learned to love.
- 🐪 **Why it’s Easier to Raise Babies in Mongolia than in America.**
- 🐪 **How to run a successful Kickstarter campaign.** Do an end-run around the gatekeepers and self-publish your book.
- 🐪 **Little Ger (Yurt) on the Prairie:** The similarities between modern Mongolian nomads and the “**Little House on the Prairie**” pioneers.
- 🐪 **Solar panels as agents of cultural change:** Mongolian nomads now have cell phones, TVs and electricity courtesy of solar panels.
- 🐪 **From Dung Fires to Facebook in 12 Years:** The rapidly changing lives of nomadic Mongolian children.
- 🐪 **Have you ever milked a horse?** How to make *Airag*, the national drink of Mongolia. (Hint, it is fermented mare’s milk).

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