



The Narrow Way: A Memoir Of Coming Out, Getting Clean and Finding Buddha

Chris Lemig

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Even at twelve years old, Chris Lemig knows he's gay. He just doesn't want to believe it. Spurred on by intolerance, ignorance and fear, he takes his first steps into the closet and so begin twenty-three years of drinking, drugs and attempted suicides. It's only after he wakes up one morning, beaten and still bleeding from a hate crime, that he finally finds the courage to come out and make a change. Renewed and refreshed, he finds sanity and healing in the teachings of Tibetan Buddhism and without looking back, sets off on an inspired pilgrimage to India and Nepal. The Narrow Way is the harrowing and sometimes beautiful story of a man who lost his mind only to find it again in a strange new religion, in a strange new place, halfway across the world.

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