



Trailing: A Memoir

Kristin Louise Duncombe

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Something unexpected occurs when Kristin Louise Duncombe moves to New Orleans to begin her adult life as a psychotherapist: She falls madly in love with a Médecins Sans Frontières doctor, abandons all of her plans, and follows him on a medical mission to East Africa. Faced with the dual culture shock of Kenya and life with the MSF team, Kristin struggles to craft a new existence in a context of mishap, witchcraft, and the life or death stakes of the MSF world. Just when she has managed to establish a life for herself in Nairobi, a violent carjacking catapults her into a state of acute post-traumatic stress, and her life thereafter devolves into a world of intense anxiety that permeates every aspect of her existence. Forced to examine questions about her relationship, career, and personal identity, she struggles to save her marriage while facing the most difficult fight of her life: saving herself. Duncombe's debut, as humorous as it is harrowing, provides an insider's view of an MSF marriage and the humanitarian crisis in East Africa. Probing deeply into her tumultuous search for identity, she captures the essence of the experience with extraordinary authenticity and honesty. An altogether life-altering journey to the core of the human soul, *Trailing: A Memoir* is a compulsive page-turner, as fascinating as it is life affirming.

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