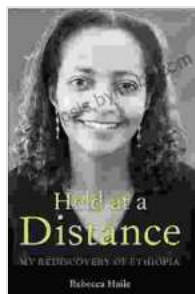


# Held at Distance: Rediscovering Ethiopia, a Tapestry of History, Culture, and Nature



## Held at a Distance: My Rediscovery of Ethiopia

by Rebecca G. Haile

★★★★☆ 4 out of 5

Language : English  
File size : 2003 KB  
Text-to-Speech : Enabled  
Screen Reader : Supported  
Enhanced typesetting : Enabled  
Word Wise : Enabled  
Print length : 209 pages  
Lending : Enabled

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## **A Journey of Rediscovery**

In *Held at Distance*, author and travel writer Elizabeth Abbott recounts her unforgettable journey of rediscovering her ancestral homeland of Ethiopia. Born in Addis Ababa but raised in the United States, Abbott had always felt a strong connection to her Ethiopian roots but had never had the opportunity to visit the country until her late thirties.

Guided by her uncle, a historian and former Ethiopian ambassador, Abbott embarked on a six-week road trip that took her across the country, from the bustling streets of Addis Ababa to the remote villages of the Omo Valley. Along the way, she encountered a vibrant and complex culture, steeped in ancient traditions and rich in storytelling.

## **Exploring Ethiopia's Rich History**

Ethiopia boasts one of the oldest civilizations in Africa, with a history dating back to the Axumite Empire in the 1st century AD. Abbott delves into this fascinating history, exploring ancient ruins, monasteries, and churches that bear witness to the country's rich past. She uncovers the story of Queen Sheba, the legendary ruler of Ethiopia who is said to have visited King Solomon of Israel, and traces the influence of the Ethiopian Orthodox Church, which has shaped the country's religious and cultural landscape for centuries.

## **Immersion in Vibrant Culture**



As she travels through Ethiopia, Abbott immerses herself in the vibrant culture that pervades every aspect of life. She attends traditional coffee ceremonies, where freshly roasted beans are roasted and brewed in elaborate rituals. She visits local markets, where vendors sell colorful textiles, handwoven baskets, and aromatic spices. And she interacts with the warm and welcoming people of Ethiopia, who share their stories, traditions, and customs.

### **Witnessing Nature's Wonders**

Ethiopia is not only rich in history and culture but also boasts breathtaking natural beauty. Abbott ventures into the Simien Mountains National Park, a UNESCO World Heritage Site known for its dramatic landscapes and

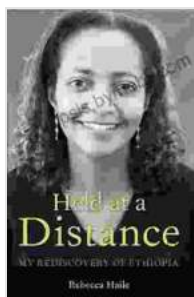
endemic wildlife. She discovers the Danakil Depression, one of the hottest and driest places on earth, where lava lakes and salt flats create an otherworldly environment. And she witnesses the annual migration of millions of birds at Lake Tana, the largest lake in Ethiopia.

## A Journey of Transformation

As Abbott journeys through Ethiopia, she undergoes a profound transformation. She not only rediscovers her ancestral roots but also gains a newfound appreciation for the beauty, diversity, and resilience of her homeland. *Held at Distance* is a captivating memoir that invites readers to travel alongside Abbott, to experience the magic of Ethiopia through her eyes, and to embrace the transformative power of rediscovering one's heritage.

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