

Capturing And Cherishing The Moments When Life Is *Well Seasoned*

Memphis, TN - *Well Seasoned: Savoring Life's Lessons* (Inspire on Purpose) perfectly chronicles the seasons of life through the inspiring prose and the lens of photographer and writer, Rebecca Webb Wilson. When Rebecca's parents gave her a gift of a Kodak Brownie Hawkeye years earlier, they had no idea it would lead to a lifetime of travel and a yearning to capture the perfection of nature and diverse cultures of people in faraway lands.

For Rebecca, it all began as a young woman when she used her camera to photograph hawks along the expressway in her hometown of Memphis. While her first job as a flight attendant for PanAm cultivated a love of travel, it was her innate gratitude for the unexpected joys revealed in nature's seasons that fostered her love of photography. Sprinkled with thoughtful quotes and tidbits of poetry, *Well Seasoned* is about the people that touch our lives, for a moment or forever, and pairs nature's seasons with the seasons of life allowing readers to view the aging process differently and discover their own 'Aha' moments within its pages.

The author's unconventional and uplifting philosophy, paired with vibrant, full-color images of places, nature and people, easily transports readers to magical locations around the globe, sharing her journey as she climbs Mount Kilimanjaro and the Swiss Alps part of the Haute Route, or taking the Inca Trail to Machu Picchu. Encouraged to reflect on our own memories, we Rethink, Remember, Renew.

Rebecca attended law school at the University of Memphis and served several years as an Assistant United States Attorney. She founded a youth leadership program in Memphis called Bridge Builders, which to date has had 21,000 participants from surrounding public, private, and parochial schools. Named one of Memphis Woman Magazine's '50 Women Who Make a Difference,' she also received the Legends Award from the Women's Foundation for a Greater Memphis in 2010.

A graduate of Vanderbilt University, Rebecca serves as a member of its Board of Trust and also serves on the board of directors of Baptist Memorial Health Care Corporation. She lives in Memphis with her husband and they share their time between two sons, two daughters, and nine grandchildren. For more information on this accomplished photographer, author and dedicated humanitarian, visit: www.hawkeyenature.com.

Well Seasoned: Savoring Life's Lessons

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