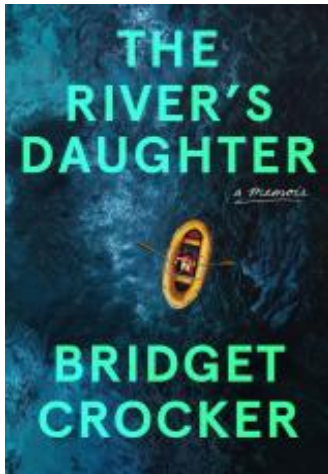


The River's Daughter: A Memoir

by Bridget Crocker



About the Book

A vivid and propulsive memoir about finding courage and meaning in a life outdoors by a world-class whitewater rafting guide.

After Bridget Crocker's parents' volatile divorce, she moved with her mother from Southern California to Wyoming. Her life was idyllic, growing up in a trailer park on the banks of the Snake River with a stepfather she loved, a new baby brother, and the river as her companion --- until her mother suddenly took up a radical new lifestyle, becoming someone Bridget barely recognized. The one constant in her life --- the place Bridget felt whole and fully herself --- was the river. When she discovered the world of whitewater rafting, she knew she'd found her calling.

On the river, Bridget learned to read the natural world around her and came to know the language of rivers. One of the few female guides on the Snake River, she then traveled to the Zambezi River in Africa, some of the most dangerous whitewater in the world, where she faced death and learned to conquer her fears --- both on the water and off. The river taught her how to overcome years of betrayals and abuse, to trust herself, and, finally, how to help heal her family from generational cycles of trauma and poverty.

A beautifully rendered memoir of a woman coming into her own, *THE RIVER'S DAUGHTER* opens us to the possibilities of transformation through nature.

Discussion Guide

1. Throughout the book, Bridget talks about the importance of intuition in guiding us on our chosen path. How has your intuition helped you? Do you trust your gut, or do you have a hard time listening to feelings? Is your gut trustworthy?
2. Discuss the first moment that Bridget "hears" the river during her incident in the Snake River. Have you ever felt that

the natural world was giving you a sign?

3. Bridget quotes from Kris Kristofferson's song "Me and Bobby McGee": "Freedom's just another word for nothin' left to lose." How does Bridget's strained relationship with her family inform her freedom? What are the downsides of the independence she experienced? And how did the freedom end up shaping the rest of her life?

4. During Bridget's time in Zambia, she comes to realize the privilege disparity between her rafting company and local Zambians. How does this affect her own understanding of her place in the world? How does it affect her relationship with Steve and others in the rafting company?

5. How does Bridget's relationship with rafting evolve throughout the memoir? How does it mirror her confidence and sense of self as she navigates young adulthood?

6. Bridget writes, "Living is being willing to embrace adventure, whether it's a river trip or improving connections with loved ones." In this context, how do you embrace adventure in your life?

7. Bridget's parents both take rafting trips with her, bringing Bridget's personal and professional lives to a head. What tension is at play, and what does Bridget learn about her family and herself? Have you ever experienced your work life and personal life converging?

8. As Bridget enters the whitewater rafting world, it's apparent how male-dominated the sport is. How does Bridget navigate sexism and bias throughout her journey? Share your experiences in spaces dominated by people not like yourself.

Author Bio

A leading whitewater explorer and river guide, Bridget Crocker writes adventure memoir for life travelers forging new directions in their relationships and lives. Crocker's writing transports readers to far-flung locations filled with flawed characters overcoming incredible adversity. A trauma survivor, Crocker explores themes of recovery and overcoming multi-generational cycles as well as sexism and racism in the outdoor industry. In her work as an author, speaker, and leader of women's empowerment river workshops, Crocker helps others strengthen their connection with the natural world and find the courage to navigate harrowing obstacles both on and off the river.

The River's Daughter: A Memoir

by Bridget Crocker

Publication Date: June 3, 2025

Genres: Memoir, Nonfiction

Hardcover: 320 pages

Publisher: Spiegel & Grau

ISBN-10: 1954118546

ISBN-13: 9781954118546