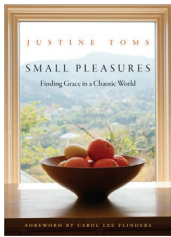


excerpts from actual letters written to the court by teens about their personal experiences in the system are invaluable. Presented in a straightforward and crisp manner, this is a crucial reference guide; but it can also serve to warn youths, and their parents, about the consequences of breaking the law. (December) *Alan J. Couture*



**Small Pleasures:
Finding Grace in a
Chaotic World**

Justine Toms
Hampton Roads Publishing
Hardcover \$18.95 (192pp)
978-1-57174-586-6

The fact that so many of us feel overwhelmed by day-to-day demands has become almost a cliché. Author Justine Toms steps in to help us appreciate the little delights that we so often overlook.

Co-author with husband Michael of *True Work: Doing What You Love and Loving What You Do*, Toms is also a co-founder and managing producer of New Dimensions Media/World Broadcasting Network. In this little volume she offers fifty meditative essays organized into five categories: “A wider landscape: how we see ourselves and the world”; “Animals and nature as teachers”; “Be an activist without driving yourself crazy”; “Circles and friendships”; and “Celebrations and rituals.”

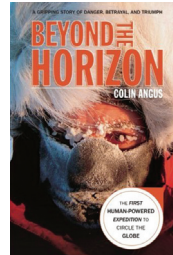
The essays cover a broad range of subjects. In the animal and nature section, the author shares her transforming experience of being close to mother and baby gray whales in the San Ignacio Lagoon wildlife preserve off of Baja, Mexico. From that encounter she invites readers, “Close your eyes and let yourself go back to a moment when you, too, felt delighted awe and boundless, exuberant ecstasy.” She also highlights Julia Butterfly Hill, the tree-sitter who resided in a thousand-year-old redwood tree for 738 days to protest the logging of old-growth forests. Remembering a weeping willow tree from her childhood, the author is reminded that we are all drawn to trees throughout our lives.

Some of the author’s commentary is unique, such as her discussion of circles, which differ from an acquired circle of friends by being more intentional or formal. Her Spider Lodge circle, for example, was comprised of a dozen women who would meet regularly, sometimes for several days, for the purpose of exploring the idea of shared leadership among women. Her main women’s circle, the Owl-Eagle Lodge, currently focuses on community service, including public drumming circles and theatrical fundraisers for women’s shelters. From these experiences, the author concludes, “I learned that if the intention of the circle is strong enough to hold differing opinions and views, and if the members are willing to grapple with diversity, the rewards will be immeasurable.”

Incorporating ideas from Buddhism, Feng Shui, and other traditions, the author writes

from no single faith or philosophical perspective. These essays are based on Toms’ particular experiences, and their underlying messages can be applied to readers’ individual lives. While this approach might seem a bit loose to some readers, others will be intrigued by its wide-ranging accessibility. (September) *Beth Hemke Shapiro*

TRAVEL



**Beyond the Horizon:
The First Human-
Powered Expedition
to Circle the Globe**

Colin Angus
Menasha Ridge Press
Hardcover \$24.95 (360pp)
978-0-89732-685-8

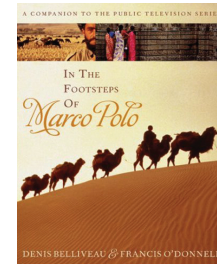
During the summer of 2002, Colin Angus, a Canadian in his thirties, decided to make a statement about the overuse of fossil fuels and the urgency of climate change, and began planning the first ever human-powered circumnavigation of the planet. It took him about a year to find a traveling companion, plot a route, and gather the needed funds and equipment. During that year he met Julie Wafaei, the woman who would become his fiancée. She understood, of course, that Colin’s trip would take two years; she would wait.

In June of 2003, Angus and fellow adventurer Tim Harvey left Vancouver on bicycles. Almost everything that could go wrong did go wrong, but Angus returned to Vancouver on schedule by way of Alaska, the Bering Sea (Colin and Tim were the first to row across it), all of Eurasia, the Atlantic Ocean (Lisbon to Costa Rica, 156 days), Central America, Mexico, and the United States. By land, he traveled mostly by bicycle. By sea, he rowed in tandem. His partner for the last half of the trip, from Moscow to Vancouver, was Wafaei; Tim Harvey had dropped out of the expedition and was continuing his own trip around the world with someone else. Wafaei’s human-powered crossing of the Atlantic was the first ever by a woman.

Beyond the Horizon, Colin Angus’s account of his incredible 27,000-mile odyssey, ranks with bestselling true adventure stories like *The Perfect Storm* and *Into the Wild*. It will satisfy a broad spectrum of readers who love travel and the outdoors. Danger lurks at every turn in the form of bears, blizzards, bugs, temperatures as low as -40°F, treacherous roads, Hurricane Vince, several near misses with ships at sea, and an assault by highway bandits in Mexico. Logistics, food and equipment, and money problems need constant attention. The trip has no lack of human drama, as readers follow Angus’ deteriorating relationship with Harvey, his growing love for Wafaei, and his accounts of many characters encountered on land and water.

Angus is slowed down by a kidney infection that lands him in a Siberian hospital, by

invitations for dinner or a warm bed from kind strangers, and by an endless series of flat tires (he went through seventy-two inner tubes), but he is not to be stopped. His resourcefulness and persistence are inspirational; his stamina—through the “monotonous toil” of weeks or months of sixteen-hour days on the bike or at the oars—is awesome. With *Beyond the Horizon*, he documents his bold claim: “Mine is the first human-powered journey around the world.” (December) *Joe Taylor*



**In the Footsteps of
Marco Polo**

**Denis Belliveau and
Francis O'Donnell**
Rowman and Littlefield
Hardcover (256pp)
978-0-7425-5683-6

Consider the indignities suffered by Marco Polo: a member of a wealthy family of Venetian traders in fabrics and spices, he traveled the winding Silk Road from the Mediterranean port of Ayas in Lesser Armenia through Iraq, Persia, Afghanistan, Turkestan, and Tibet all the way to the poet-sung Xanadu of Kublai Khan, Mongol emperor of the Celestial Kingdom. Yet when Polo finally returned to Venice and told of the cities inhabited by millions of souls (at a time when the most populous European city could boast of no more than 200,000 residents), the Chinese granaries filled with millions of bushels of grain, of millions of bolts of precious silk, millions of gems...he was mocked. “Marco Milione,” he was scornfully called.

Imagine how gratified he would be to learn that two American adventurers have retraced his path across the largest landmass on earth, using his book, *A Description of the World*, as their guide and illuminating text. To their astonishment, his descriptions of places and races of people, and their customs, were proved true at every turn.

In the Footsteps of Marco Polo, an extraordinary travel book put together by photographer and cameraman Denis Belliveau and lecturer Francis O'Donnell, documents a fascinating journey that already has provided the material for a public television series. The book tells of how the impetuous young authors embark on an arduous, almost unbelievably dangerous, trek through several war zones, traipsing through fields of land mines, forging travel visas, bribing officials, crossing deserts and the frozen valleys of the Pamir Mountains. They depend on the kindness of strangers. They are fed and given shelter by people who can barely feed themselves.

Fast friends since art school, the authors share a brotherly bond that is tested by hardship. More than once their frustration and stress lead to fisticuffs. On one occasion they grapple, kick, and punch each other in the lobby of a four-star hotel. In the end, however, their love for each other is strengthened by the trials they undergo.