

To Calm Worry, Panic, and Fear.

New Harbinger. 2012. c.224p. illus. bibliog.

ISBN 9781608820368. pap. \$16.95. PSYCH

Compassion-focused therapy (CFT) borrows elements from both cognitive-behavioral therapy (CBT), which focuses on identifying and changing erroneous thoughts and actions, and Buddhist meditation techniques, which emphasize acceptance of the current situation ("mindfulness") and compassion for all living beings. CFT uses meditation to help the tense person disengage from his or her own anxiety-provoking thoughts and encourages people to have as much compassion for themselves as they would for any other individual (the golden rule in reverse). The book includes exercises and worksheets. Two caveats: There is no discussion of whether any studies have been done to compare this technique with other treatments, and there is no discussion of the role of medication in the treatment of severe cases. **VERDICT** Anxious people who like the idea of meditation will enjoy this approach, although those whose anxiety keeps them from taking part in the normal activities of daily life should not rely on any self-help book alone.—Mary Ann Hughes, Shelton, WA

SOCIAL SCIENCE

Barton, Bernadette. *Pray the Gay Away:*

The Extraordinary Lives of Bible Belt Gays.

New York Univ. Oct. 2012. c.304p. bibliog.

index. ISBN 9780814786376. \$27.95. soc sci

Barton's (sociology & women's studies, Morehead State Univ.) title refers to the fact that many Southern Christians believe that gayness will go away if one prays for that to happen. She explains that social and religious conservatism holds sway in much of the American South. Christian churches there are often bible-literalist and fundamentalist, and preachers routinely excoriate gays as the "spawn of Satan." Gays frequently are disowned by their parents, spurned by siblings, and shunned or "disfellowshipped" by other church members. The widespread belief in the South is that the "gay lifestyle" is a free choice, and not genetically determined, and that people who "choose" to be gay are the most abominable of sinners. Barton herself is gay and lives in civil union (approved in Vermont) with her partner of many years. **VERDICT** This book can be very hard to read on an emotional level. Many of the gay Southerners the author interviewed communicate their deep sense of oppression, betrayal, and rejection by the very people they most love: parents, family members, and spiritual guides. Very much worth reading, and at times moving, the book indicts the conser-

vative wing of Christianity for promoting cruelty and intolerance.—James F. DeRoche, Alexandria, VA

TRAVEL

★*Better Than Fiction: True Travel Tales*

From Great Fiction Writers. Lonely Planet.

Nov. 2012. c.320p. ed. by Don George.

ISBN 9781742205946. pap. \$15.99. TRAV

While the adage is that truth is stranger than fiction, readers may find this collection of true stories—as its title promises—not only stranger, but better than fiction. This fantastic collection of 32 travel stories, edited by George (global travel editor, Lonely Planet; *Lonely Planet Travel Writing*), comes from some of the best fiction writers publishing today. These true travel tales range from events in the writer's distant past to recent adventures. They cover the globe from India to Alaska to San Quentin to Ireland and include entries from an eclectic mix of international writers, including Isabel Allende, Pico Iyer, Alexander McCall Smith, Jan Morris, and Tea Obreht. **VERDICT** A festive collection of travel stories from some amazing writers. The only thing lacking in this collection is more entries! Lovers of travel writing, as well as fans of fiction, will thoroughly enjoy this collection.—Melissa Aho, Univ. of Minnesota Lib., Minneapolis

Guard, Richard. *Lost London: An A-Z of*

Forgotten Landmarks and Lost Traditions.

Michael O'Mara, dist. by Trafalgar Square.

Oct. 2012. c.192p. illus. index.

ISBN 9781843178033. \$15.95. TRAV

Documentary film editor Guard was a bicycle courier in London for six years and knows the city well. When he realized many examples of London's long and varied history had been destroyed with no visible indications where they stood, he decided to do what he could to rectify the situation. In his words, "This humble book aims to amuse its readers by describing some of the buildings and streets, the jobs and habits, the markets, fairs and pastimes that have made London what it is today." There are more than 150 diverse and fascinating entries, some illustrated with black-and-white drawings and engravings; for example, the Old Clothes Exchange, located near Petticoat Lane, featured secondhand clothing. Trading could be so spirited that the market acquired a reputation for rowdiness and brawling. On a sadder note, "Wren's Lost Churches" includes a shockingly long list of Sir Christopher Wren's churches that were destroyed by Victorian development or World War II bombing. **VERDICT** Armchair travelers and history fans will both find riches in this

unusual work.—Susan G. Baird, formerly with Oak Lawn P.L., IL

Townsend, Chris. *Grizzly Bears and*

Razor Clams: Walking America's Pacific

Northwest Trail. Sandstone, dist. by Dufour

Editions Inc. 2012. 192p. illus. maps. bibliog.

ISBN 9781908737045. pap. \$26.95. TRAV

The Pacific Northwest Trail is 1200 miles of rugged terrain from Glacier National Park in Montana to the Pacific Ocean. Townsend (*The Backpacker's Handbook*) walked the trail solo in 75 days. The only guidebooks available to him were woefully out of date, and large portions of the trail remain unmarked. This volume covers his preparation for the journey, the route he followed, and the difficulties he faced. The book also includes many color photos of the area's breathtaking natural beauty. The appendixes contain information about how he plotted his trail, a list of his supplies (including brand names), and his evaluation of what worked and what didn't. **VERDICT** Townsend makes every word count. Readers interested in the Pacific Northwest and wilderness backpacking will enjoy the combination of nature writing and practical advice.—Susan Belsky, Oshkosh P.L., WI

★*Wheeler, Sara. Access All Areas: Selected Writings 1990–2010.*

North Point: Farrar. Jan. 2013. c.336p.

ISBN 9780865478770. pap. \$16. TRAV

Wheeler (*The Magnetic North*) has written about her own travels in many cold places: Antarctica, the Arctic, and the Solovki Islands in the Russian White Sea, as well as her journeys in Chile, Bangladesh, and North Borneo. Also a biographer, she has explored the lives of Apsley Cherry-Garrard and Denys Finch Hatton, themselves also travelers of note. This collection gathers together a selection of Wheeler's writings on her treks, thoughtful biographical discussions of other eminent explorers and their writings, and offbeat pieces on subjects such as belly dancing and biplane-wing walking. Wheeler is drawn to explorers who journey into the human condition; her own writing takes this path as well. **VERDICT** This collection spans human exploration over many years and around the world, and is as much about writing as about travel, fortitude, and desperation. The author accomplishes what she praises other brilliant travel writers for achieving: holding up a mirror that reflects back the world. Highly recommended for lovers of travel writing and smart literary essays.—Melissa Stearns, Franklin Pierce Univ. Lib., Rindge, NH

Copyright of Library Journal is the property of Media Source, Inc. and its content may not be copied or emailed to multiple sites or posted to a listserv without the copyright holder's express written permission. However, users may print, download, or email articles for individual use.