

## Leisure

# Recommended Summer Reading 2003

**Recommended by Wayne Braid**  
***On the Sweet Spot***  
**by Dr. Richard Keefe**

About “Stalking the effortless present.” This unique book is about being in the zone where time stands still and performance is exquisite. The author is a clinical psychologist and neuroscience researcher at Duke University. He consults many professional athletes and teams in the NBA, NFL, and PGA players. Keefe, through his book and his experience teaching golf professionals, leads you to his true subject, that extraordinary experience—being in the zone. He talks about how the mind works and how people in all positions of leadership can learn how to be “in the zone.”

***Veronika Decides to Die***  
**by Paulo Coelho**

Author of such works as *The Alchemist* and *The Fifth Mountain*, Coelho takes the reader through questions of the meaning of madness. It is a portrait of a young woman who seems to have everything but decides she has nothing to live for. She takes a handful of sleeping pills expecting never to wake up but she does—at a mental hospital, where she is told she has only days to live.

**Recommended by Tim Perrin**  
***The Crisis of Islam, Holy War and Unholy Terror***  
**by Bernard Lewis**

My wife says I am too intense about these things, but if I could, I would make this book *required reading* for everyone.

Lewis is one of the West’s top Middle Eastern historians; his many books on the history of the region and his understanding of the Muslim world and Islam left me with a new appreciation of the challenges facing the world as we come up the first millennium since the start of the Crusades.

---

*...if I could, I would make  
 this book required  
 reading for everyone.*

---

His book is far from anti-Islam. He obviously has a deep appreciation for the faith. But he has no delusions about the challenges presented to the West by radical Muslims who have hijacked the name of Islam to pursue an agenda of hate. Take the time to read this book. It is only 171 pages and as compelling as any thriller you could pick up at the supermarket.

**Recommended by Nigel Atkin**  
***Reforming the Prophet, The Quest for the Islamic Reformation***  
**by W. R. Clement (Insomniac Press, 2002 Canada)**

It might not be your average escapist summer novel, but *Reforming the Prophet* does place in context global events that are possibly going to affect the rest of our lives. And, at only 148 pages, it’s short enough to allow you to quickly read it, then get back to some really good Canadian fiction.

With Iraq War II all but over and, as efforts at nation-building gather momentum, there remains a discussion as to the true reasons for the war.

Some of my more cynical friends have suggested, weapons of mass destruction aside, that Iraq *was* a socialist state and oil *does* need to flow freely as the markets (not individuals) dictate. And, I have heard that the previous regime *was* using its oil revenues to purchase too many goods and services from Europe, and not the USA. As economies crave expansion, some say, something had to give.

But W. R. Clement presents yet another way of perceiving events in the Middle East. In his latest book, published in November 2002, he compares the Protestant Reformation of 16th century Europe to some of the critical world events we’re witnessing today.

He presents a case that Islam is now in its own form of a religious reformation. He contends the West is being drawn into a very long struggle, a struggle to safely manage its secular economic affairs. Can this be managed? Was the Protestant Reformation managed?

In *Reforming the Prophet*, Clement raises interesting issues including the violent nature of religious reformations and their effect on women, the impact of extended families in Islam, the Islamic legal system, and Islam’s legal system’s difficulties in working in a global, pluralistic society. Clement points out, “Administrative law began in the West with the Reformation.”

The book's premise forces the reader to rethink the burden of international leadership. It's never been as easy as it looks.

And, if Clement is correct, watching the evening news might never be the same. And now, back to *The Romantic* by Barbara Gowdy and Yann Martel's *Life of Pi*. They're excellent reads, as well.

**Recommended by Julie Boness**

***Into Thin Air***

**by Jon Krakauer**

I have no real interest in mountain climbing, but this book goes beyond that subject. Intended to record an expedition to Everest and the first filming for IMAX, Krakauer's notebook and camera ended up recounting one of the worst tragedies in climbing history. It reveals the danger of selfish ambition; the human will to survive; and amazing, selfless courage.

***Notes From a Small Island***

**by Bill Bryson**

For the arm-chair traveller and those who like to study people, Bill Bryson books are great reading. *Notes from a Small Island* is one I particularly enjoyed, as it is about my home country. Telling of places not mentioned in the glossy travel brochure, it reveals the true England, from the rolling green hills of Wessex to the wilds of Scotland. With warmth and humour, the author dispels the myth of the aloof, dour Englishman. I recognized many characters and laughed till the tears ran.

**Recommended by Val Wilson**

***Why Aren't You More Like Me?***

***Styles & Skills for Leading &***

***Living With Credibility***

**by Everett Robinson**

This second edition of *Why Aren't You More Like Me?* by Everett Robinson, MA, has a new focus on developing credibility. It shows leaders how credibility is based on an awareness of personal style and on ability to practise three skills; it also demonstrates how style-shifting is a key ingredient for success. ▲