READ // Mind Over Water: Lessons on Life From the Art of Rowing

Susan McClellan

Recommended Title
Mind Over Water: Lessons on Life From the Art of Rowing
By Craig Lambert
GV790.92.L35A3 1998

Comments
From Professor Susan McClellan:
I have also selected Craig Lambert's Mind Over Water: Lessons on Life from the Art of Rowing, a book that recognizes, even in its title, the formative force of spending time on the water. Although Mr. Lambert writes about the Charles River, rather than about The Lake or The Sound, the rhythm of rowing he describes, like the rhythm of breathing, helps provide insights and order for our busy lives. I row on The Sound, and this book about rowing is a tribute to The Sound as well.

From the Publisher:
In this wise and thrilling book, Craig Lambert turns rowing—personal discipline, modern Olympic sport, grand collegiate tradition, and fitness pursuit for thousands of men and women—into a metaphor for a vigorous and satisfying life. Skimming the plane where sky and water meet, rowers must fully inhabit the present moment, whether facing their demons in a single scull or discovering the paradoxes of teamwork and commitment in a crew shell. This is a book about balance, attaining consistency and speed, independence and cooperation, joy and creative powers. Filled with humor and imagination, Mind Over Water speaks to rowers and non-rowers alike.

About the Author:
Craig Lambert is both an accomplished author and athlete. The author trains and competes for major rowing events. His articles and reviews have appeared in Sports Illustrated, The New York Times, and Town & Country. His recent article, "Marketplace of Perceptions," appears in the March/April 2006 issue of Harvard Magazine, for which he is a staff writer and editor.