**Back Under Sail:**  
*Recovering the Spirit of Adventure.*


**MIGAEL SCHERER** survived a savage rape attack, and as she describes in *Back Under Sail*, she reconnects with the world in a complex manner. She accepts an invitation to be the only woman with five men on a five-day sailboat race out of Juneau, Alaska. Scherer is a good writer and equally at home describing the wilderness beauty of Alaska or the rigging of a sailboat. The race, however, is a chance to challenge herself and restore her dampened spirit of adventure. Sailing provides the crew with brief moments of intimacy frequently interrupted by the boat's needs for attention. The author describes these subtle relationships on a small sailboat with sensitive realism.

As she melts into the crew, she seems to forget her vulnerability (there is no inappropriate behavior) and regains her confidence. As with most traumatized people, however, she has intrusive thoughts and fears which occasionally haunt her, and her descriptions of them are vivid and complex. Behind the visible scene of the race and her invisible fears, she also faces another private anxiety, her distant relationship with her husband. Her love for him is evident - the book is dedicated to him - but the pressures of building a large yacht together along with external family pressures have taken their toll. What role the rape played in their relationship is not known. Nevertheless, Scherer writes honestly about traveling the difficult road to healing.