

An Unlikely Answer to Life's Blind Curves

BOOK REVIEW

LISA LITTLEWOOD | May 20, 2013, 8:32 a.m.



Blind Curves author Linda Crill on her motorcycle COURTESY OF SMITH PUBLICITY

For months after her husband's death she followed the well-intentioned advice of friends, family, and colleagues as she tried to piece things back together. They told her to get a lot of sleep, pamper herself, exercise and eat well.

She tried. For 18 months. At the end she found herself still searching for answers and unhappy.

Eventually, when a longtime friend asked if she'd be interested in joining him and two others on a 2,500-mile coastal motorcycle trip from Vancouver, Canada to Mendocino, California, Crill was ready for something new (despite having never ridden a motorcycle). The successful businesswoman put aside her corporate suits, shopped for leather pants and a jacket and said yes to an adventure completely out of character for her.

"We have to be willing to go into that which we said we'd never do," said Crill in a recent interview. "All of those old beliefs hold us back—the one's that say 'I'm not athletic, or adventurous or whatever you're saying your 'not'. When the unexpected occurs the answers we are searching for are often found around blind curves—the unknown."

As it turns out it was one of the best decisions she had made in a long time. *Blind Curves* (Opus Intl, 2013), Crill's first book, is a memoir about her decision and preparation leading up to the trip and the ten days of travel by motorcycle through California wine country, redwood forests and small coastal towns, with two men and one other woman (only one of which she knew before the trip). More importantly it is a story about the lessons learned along the way.

The book offers many universal truths about change, facing fears and trying new things that almost reader could relate to (even myself, a 35-year-old mother of young children!).

"We're all looking at how we can find meaning in life, and find meaning and answers in life's transitions," says Crill. "The question, 'What now?' is the question we all ask. It is so universal in all of our lives when a problem faces us. More challenging is how do we deal with life when tradition doesn't give us the answer."

Crill never dwells on her sadness in becoming widowed. As a matter of fact, while it was the impetus for writing the book, that part of her life is intentionally a small part of the story. Crill wants people to walk away from this book encouraged to embrace something new in their own lives. She hopes it prompts others to face their fears and preconceived ideas about themselves at any age or transitional stage and to look inwards for what excites them and give it a try.

While she jokes now that getting her motorcycle license in three weeks and then jumping into a major road trip was probably not the safest decision, it is a story that ends successfully and it was an experience that allowed her to redefine herself in ways she could not have expected.

"The book is full of moments of success, but it is also recounts moments of intense fear and anxiety," Crill says.



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