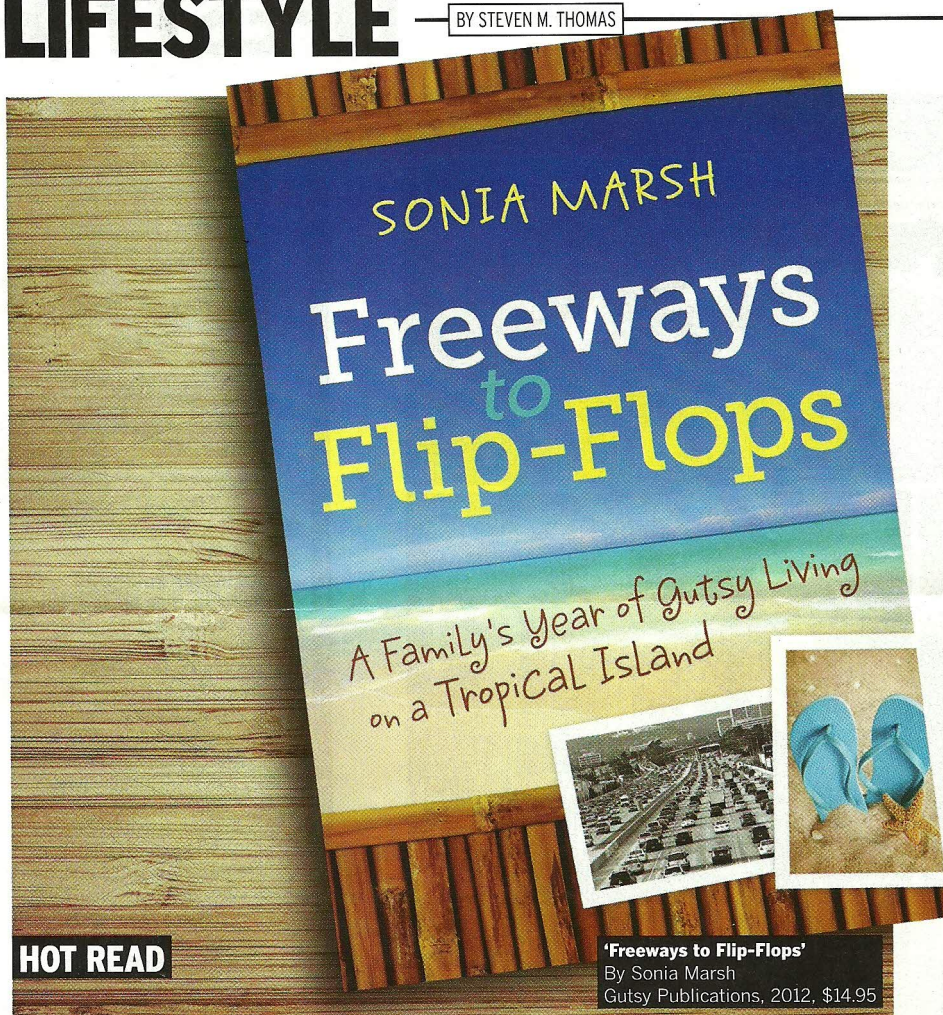


# LIFESTYLE

BY STEVEN M. THOMAS



**HOT READ**

**'Freeways to Flip-Flops'**  
By Sonia Marsh  
Gutsy Publications, 2012, \$14.95

## 'Freeways to Flip-Flops'

*An O.C. family ditches suburban life for a tropical paradise.*

**This memoir has** several things going for it, including the great title, which was suggested to local author Sonia Marsh by a friend, and a gripping adventure story about a family that gives up the pleasures and pastimes of O.C. for life on a tropical island in Central America.

The Marsh family was disintegrating in the Southern California sun with a too-busy father, dissatisfied mother and one son clearly headed for trouble. But when they sell their possessions and move to Belize to regroup, they discover that trading one paradise for another has not gotten rid of hellish complications. In fact, the heat, humidity, insects, primitive conditions and sense of dislocation at first seem to make the family's problems worse.

The book opens with Sonia Marsh and her husband panicking as a tropical storm strands

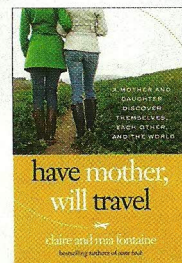
them on the island while their three sons are adrift on the mainland unreachable by phone.

"Why the hell did we leave Orange County and move to this godforsaken island where our lives were now at risk?" Sonia asks herself. "Did I really think this was going to save my family?"

**the facts:** In the late classic period of Mayan civilization (long before 1000 BCE), as many as 400,000 people may have inhabited the area that is now Belize.

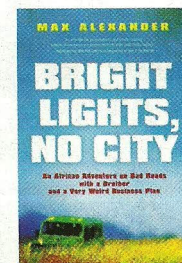
In the end, the year abroad does restore the Marsh family and bring its members closer as they work together to overcome shared misfortunes and learn to appreciate each other – and life – in new and different ways.

the  
**extras**



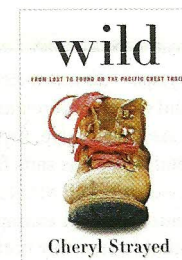
**'HAVE MOTHER, WILL TRAVEL: A MOTHER AND DAUGHTER DISCOVER THEMSELVES, EACH OTHER, AND THE WORLD'**  
By Claire and Mia Fontaine  
William Morrow, 2012, \$24.99

The duo visits 20 cities in 12 countries in five months.



**'BRIGHT LIGHTS, NO CITY: AN AFRICAN ADVENTURE ON BAD ROADS WITH A BROTHER AND A VERY WEIRD BUSINESS PLAN'**  
By Max Alexander  
Hyperion, 2012, \$24.99

Two brothers try to launch an improbable business in the wilds of Ghana.



**'WILD: FROM LOST TO FOUND ON THE PACIFIC CREST TRAIL'**  
By Cheryl Strayed  
Knopf, 2012, \$25.95

This chronicles an arduous journey from the Mojave Desert to the Bridge of the Gods taken by a young woman in search of herself.