

### 15 Upfront

26
The Goods
Everything Under the Sun

28

Life Lessons

Fruits of Summer The long, slow, uninterrupted days of August can help restore our internal rhythms and our capacity for joy. BY KATHLEEN HIRSCH

32

Dare to Be Heard

The Keys to Success These eight lessons from everyday experts will help you attain your dream. BY SUZANNE FALTER-BARNS

**36** Spirit

Spirit Camp Could a spiritualist medium reconnect me with my grandfather? I visited Lily Dale to find out.
BY RACHEL DICKINSON

### 42 Travel

Paddling the Connecticut

New England's longest river reveals its majesty and a hint of its magic on a weekend canoe trip. BY ROBERT PERKINS

68

Tuning In

Four smart, sophisticated songcrafters; CD shorts.

**74** Good Reads

New memoirs offer insight into health, plus selected fiction and nonfiction.

104

Walking the Talk

Dean and Dudley Evenson Their musicmaking promotes peace throughout the
world. BY MARGI POLLAND FOX

50

Cooking Up a Revolution
For chefs in the sustainable-cuisine
movement, gourmet means never forgetting where your food comes from.
These three innovators are creating
delicious menus for a happy palate and
a healthy planet. BY FRANCES
LEFKOWITZ

**54** Eat Well, Live Longer

A renowned nutrition researcher offers startling evidence that the USDA Food Pyramid is the wrong way to eat. Here's why we need a new Healthy Eating Pyramid. BY WALTER C. WILLETT, M.D.

58 The New American Family

The blossoming of international adoptions is changing the face of families and communities from coast to coast. Here's an in-depth look at how we're all adapting. BY STEPHEN PHILLIP POLICOFF

62

Alien Concepts

John Mack's research into alien abductions has thrust him far out of the academic mainstream, yet the Harvard psychiatrist and his Program for Extraordinary Experience Research soldier on, constructing a "science of the sacred." BY ANDREW LAWLER

## in every issue

- 6 Editor's Letter
- 8 Contributors
- 10 Forum

### on the cover

SAVOR THE SLOW PACE	
OF SUMMER	28
REACH YOUR DREAMS	32
ACTIVIST CHEFS	50
EAT HEALTHIER, LIVE LONGER	54
FOREIGN ADOPTION	58
COVER PHOTOGRAPHER: MARK ESTES	

# REACH YOUR DREAMS-8 SUCCESS STORIES TELL YOU HOW

# THE JOURNAL FOR HOLISTIC LIVING

# Eat Healthier, Live Longer

A Revolutionary 7-Step GuideFats you need more ofCarbs you need less of

Foreign Adoption and The New American Family

Savor the Slow Pace of Summer

**Activist Chefs** Serving Up Great Food, Protecting the Planet



###CAR-RT LOT##C-040 Haddaddddallal J/A 2001 NAJR

000055

"GREEN" GOURMET JESSE ZIFF COOL

137