



Catch and Release: Trout Fishing and the Meaning of Life

Mark Kingwell

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In *Catch and Release*, philosopher Mark Kingwell has written a book about fishing, or more accurately, about thinking about fishing that is unlike any book ever penned about this most unique and challenging of sports. This vibrant blend of memoir, travelogue, reflection, and discussion of the finer points of the art is framed around an annual fishing trip that he and his father and two brothers take each year to British Columbia.

Between the drinking, cigars, and the piloting of a small dingy, Kingwell, previously of the belief that "fishing is stupid," finds that the sport does allow for one important thing—quite a bit of time to just think, allowing thoughts to wander and new vistas to open up. This realization—a kind of felicitous meandering and suspension in the delights of the moment—leads Kingwell through everything from falconry, male bonding, and procrastination to golf, cooking, and the relationship between reflection and action—not to mention the relative benefits of wet versus dry flies, the cast, and the ethics of fishing. Ultimately, and as this book engagingly shows, fishing is worth thinking about because of the thinking that fishing allows. Especially when the trout aren't biting.

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