

# Pacific Book Review

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## UNDER VESUVIUS: A REFLECTIVE TRAVELOGUE IN VERSE AND PROSE by Richard Haffey



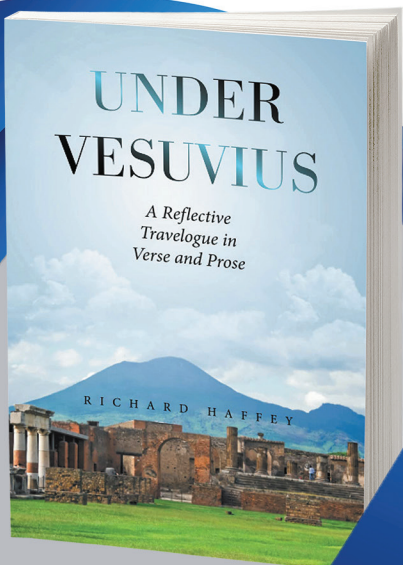
book reviewed by Anthony Avina

# UNDER VESUVIUS:

## A REFLECTIVE TRAVELOGUE IN VERSE AND PROSE

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Throughout moments in our lives, we as a people can come across moments where we have felt stagnant in our lives. Stuck or unwilling to move or reach out beyond our comfort zones, it can be a struggle to shake off the shackles of comfort in daily routines, and instead venture forth into the great unknown. That is where travel comes into play. Travel can be a great way not only to escape the normal confines of everyday life, but showcase the beauty and magic which exists in our world in unexplored places, (at least unexplored by us). As Mary Ritter Beard once said, “Certainly, travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living.”



*“The author did a brilliant job of giving readers a healthy balance of spiritual exploration and travel experiences in this book.”*

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In author Richard Haffey's *Under Vesuvius: A Reflective Travelogue in Verse and Prose*, the author takes readers on a travel journey through poetry, prose, and written essays which captures the raw beauty of his experiences in Sorrento, Italy. From Naples to the Amalfi Coast, the author explores the natural landscapes and beauty of the land, and the history and lessons the past offers, even exploring these lessons found in aboveground spaces or buried like the ruins of Pompeii.

The author did a brilliant job of giving readers a healthy balance of spiritual exploration and travel experiences in this book. The imagery and heart the author utilized in their writing was felt in every chapter, and the use of prose and verse to bring these experiences and memories to life was highly creative and soul-searching in every way. The themes the author explore here are profound and moving, from the idea of friendship and honor, to the power of sacred spaces from history and the real-life effects of lead poisoning which can be found littered throughout time.

This was the perfect read for those who love non-fiction reads, especially those non-fiction reads that highlight travel, exploration (both spiritually and physically), and to a large extent history. As a travel wannabe and avid fan of history and culture, I was in awe of the authors experiences throughout the Italian Countryside, and found the honest and beautiful way the author spoke to the reader through his writing really moving, both emotionally and mentally.

A heartfelt, thoughtful, and engaging read, author Richard Haffey's *Under Vesuvius: A Reflective Travelogue in Verse and Prose* is a must-read non-fiction travel book. The authors ability to paint mental images of the landscapes and views he witnessed in his travels with a few words is truly remarkable, and the emotions the author invokes with each chapter really showcases the connection we, as a people, have to travel and exploration as a whole.

Reviewed by:

**Anthony Avina**

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