



Volume 4, No. 2

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### Cruising Tuscany

One of the best ways to explore the small villages of Italy's Tuscany region is from the seat of a bike. By Debra Bokur

### Pro Inspiration

Think athletes are born winners? Guess again. They're real people who need to get motivated and energized just like us. Ten pros share their tried-and-true tactics for how they get off the couch. By Lindsay Morris

### Spared by the Wave

Six months after the Southeast Asia Tsunami devastated the coast of Sri Lanka, our writer went to see first-hand how the women of the country were faring. What she found amid the ruin was a glimmer of hope. By Shanti Sosienski

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People, Places, and Things from Our Outside World  
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Pam Houston's ode to the best hiking companions ever

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### Yes, You Can

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