

Hudson author launches biography of his years as a Buddhist monk

Stephen Schettini's gripping true-life story of a unique personal journey

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"A journey of a thousand miles begins with a single step," says Chinese philosopher Lao-Tzu, a phrase that can't help but come to mind when readers sit down with Hudson author Stephen Schettini's riveting biography *The Novice*.

The single step that Schettini took one day was to leave his childhood home as a young man and head to India—a step that would resound throughout his life. *The Novice* unveils the intriguing reason why.

While Schettini would find his vocation as a Buddhist monk and be ordained in the Tibetan tradition, his personal search was far from over, and he would ultimately leave the monastic life to find himself still on an uncharted path.

The unique circumstances of his experience is only one of the reasons why this book makes for a fascinating read.

Schettini was born in England to an English mother and Italian father, and after being schooled at a private Catholic boys' school, a troubled adolescence followed, finding him restless, aimless, stealing from stores and hungry for answers to a question that remained frustratingly undefined. Finally, in 1972 he quit England, and set off with a back pack for India.

From English schoolboy to ordained monk, the reasons why Buddhism and the monastic life remained in the end unfulfilling for Schettini complete his compelling story.

The Novice is a brave, intriguing, beautifully written, seamless memoir of a universal, age-old quest story that is told again, but in new and unexpectedly rich ways via the truly original details of this fascinating real-life story.

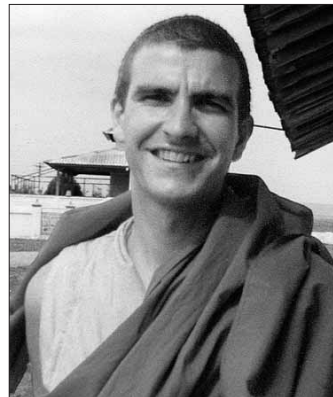
It is a book shot through with the sensory delights of food, and the smells and

colours of Schettini's life in Asia and then Switzerland. His experience as a drug abuser is retold in a painfully brave way. As for the universality of the age-old story of a quest for truth and enlightenment, Schettini makes us want to read it one more time by somehow making it about us too with his thoroughly honest account of a life revealed in all its fragility as well as its strength.

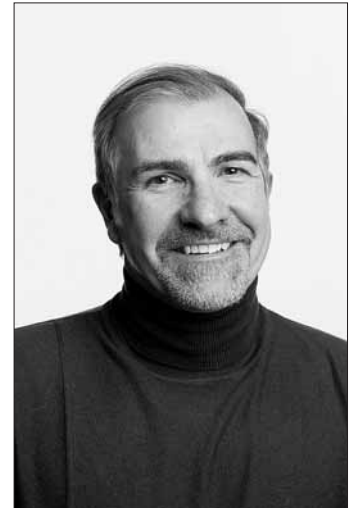
The reader is never less than intrigued by glimpses of a life quite unimaginable in the West—and when a reader has the luxury of being set squarely on the path of a personal journey by a writer of Schettini's quality, the read is so easy and effortless.

The Novice satisfies on many fronts: the adventure of travel, the universal yearning to find answers, and the author's personal dawning reality that even this was not the end of the road but only the beginning.

Stephen Schettini will be signing copies of his book at A Temps Perdu in Hudson (76 Cameron) this Saturday from 2 p.m. He will also be appearing at



As a young man, Stephen Schettini was ordained a Buddhist monk in the Tibetan tradition.



Hudson author Stephen Schettini teaches and conducts various meditation seminars such as *The Quiet Mind*.

Paragraphe Bookstore, 2220 McGill College Avenue in Montreal on October 21. *The Novice* is now in bookstores and online. See the author's website at www.schettini.com

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