



# On the Mother Lagoon: Fly-Fishing and the Spiritual Journey

*Kathy Sparrow*

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## **On the Mother Lagoon: Fly-Fishing and the Spiritual Journey** Kathy Sparrow

Revolving around her own quest to learn to fly fish on the Lower Laguna Madre of deep south Texas, Kathy Sparrow weaves ageless principles of women's psychology and yoga with a fresh, distinctly feminine approach to fly fishing. Kathy takes the reader from her early life on the bank with her father and grandfathers to her current status as a licensed Coast Guard captain, a fly fishing guide and lodge owner, and the holder of a women's world record speckled trout. Throughout she offers precious technical advice gleaned from male and female anglers alike. From the rods to use, the lines, and the flies, she covers a broad range of information including tips on how to see fish, read the water, and how to become a stealthy wader so you can stalk fish with finesse.

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