

# Gripped

The Climbing Magazine

World Cup  
Comes to  
Canmore  
The Untold Story

REVELSTOKE'S  
UNDISCOVERED  
ROCK

TROTTER'S  
Visionary  
New  
Squamish  
Route

It's the Easiest  
Climb to the  
Top of Chief

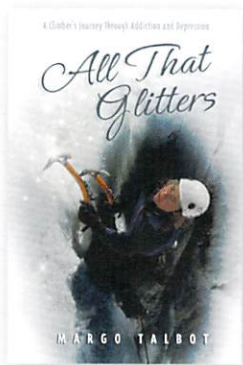
Thomasina's  
Top Ten

Our Top Female  
Boulderer's Favourite  
Squamish Problems

Unstoppable  
Ondra

Talks to UK  
bad-boy  
Stevie Haston





**All That Glitters:  
A Climber's Journey Through  
Addiction and Depression**  
Margo Talbot  
Sono Nis Press, 2011

**Well-known climber** Margo Talbot's story is not so much of climbing as it is about a chaotic and often disastrous life that came to be touched and turned around by it. Talbot took to the sport later in life, at 28, and we're not introduced to any climbing until the ninth chapter. Reflecting on her first climbing day, a waterfall ice route in the Canadian Rockies, Talbot notices that she "...felt large inside, expanded, as though my world had just become bigger than it had ever been."

And though all of its chapters are named after ice climbs, this isn't a story about climbing with a side of personal journey thrown in for good measure, or a self-help book with metaphors between success on the peaks bringing success in life. It's often disturbing, always honest, and Talbot's full-on, traumatic life story is the main course, with climbing making a later entry as an often fragile thread that serves to pull things back together. This is a life marked by the social equivalents of crappy protection, rotten rock, bad partners, and full-on hailstorms.

We all know, however, that climbing is not a complete escape, and Talbot illustrates this well as she continues to encounter challenges whose seeds were sown long before climbing came into her life. No matter how high we climb, the strains of our lives back on the ground can and do creep up on us; they have a gravity of their own. Talbot describes how "...pursuing an activity that was so demanding it kept my energy moving and the dark clouds at bay" was ultimately healthy and life-affirming, and she shows how climbing can be a unifying force in one's life. For many, it is often the only way to make sense of the often shattered world around and within.—Jon Popowich

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