



A Woman's Guide to the Sailing Lifestyle: The Essentials and Fun of Sailing Off the New England Coast

Debra Picchi

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A chance sailing trip with a friend from work led me to wonder if I could learn to sail. After all, I'm a woman, and the sailing world seems to favor men. I am not athletic; I didn't grow up in a family where we learned about boating; I would be starting late, since I was in my thirties; and I suffer from seasickness. What I discovered over the next twenty-five years is that I could indeed learn to be a competent sailor. But I didn't expect to be an expert overnight. Instead, as a novice, I layered on new knowledge slowly, over time, through experiential learning. This book describes the process whereby this happened. Using examples from trips along the coast of Maine, New Hampshire, and Massachusetts, it reviews the essential knowledge needed to be a sailor as well as explanations about the parts of a sailboat, major boat systems, and tasks associated with maintaining a sailboat. It also discusses some Zen-like attitudes that lead to successful and fun sailing, such as focusing, the no-blame rule, and stripping down to the essentials. Unlike some other sailing guides, this book points out that sailing can be a lifestyle that includes many dimensions. It's not just about getting a boat to sail. Traveling by boat is a unique experience, and visiting small coastal New England communities is an adventure. Learning about history, art, ecology, star constellations, technology, and birds are only a few of the kinds of activities that can be built into a rich and rewarding sailing experience. This book will be helpful for people who would like to learn to sail but who are intimidated by the process, particularly women, fledgling sailors just starting out, and families with children.



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Frederica Dawkins:

A lot of people always spent their own free time to vacation or even go to the outside with them household or their friend. Were you aware? Many a lot of people spent they free time just watching TV, or even playing video games all day long. If you wish to try to find a new activity this is look different you can read a book. It is really fun for you personally. If you enjoy the book that you simply read you can spent 24 hours a day to reading a e-book. The book A Woman's Guide to the Sailing Lifestyle: The Essentials and Fun of Sailing Off the New England Coast it is rather good to read. There are a lot of folks that recommended this book. These folks were enjoying reading this book. Should you did not have enough space to develop this book you can buy the particular e-book. You can m0ore effortlessly to read this book from the smart phone. The price is not too costly but this book provides high quality.

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