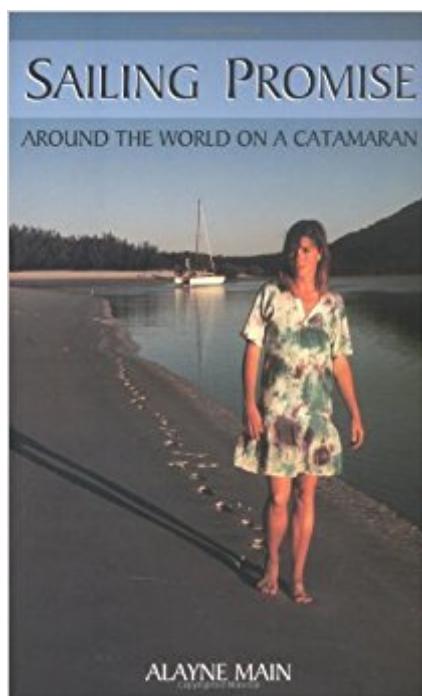


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Sailing Promise: Around The World On A Catamaran



Synopsis

Will You Marry Me... And Sail Around the World? Alayne Main was 28 years old with an exciting medical career and minimal sailing experience, but she lived up to her sailing promise. She and her husband quit their jobs, bought a 33-foot catamaran and blithely sailed away! The challenges were immense - storms at sea, a collision with a whale and the threat of pirates - but her greatest challenge was the emotional turmoil their adventurous and uncertain lifestyle created. Her relationship deteriorating, Alayne was forced to deal with her fear and understand what drove her to continue to sail across vast unpredictable oceans - with only her husband to turn to. After four years, they came home as circumnavigators - and still married. An honest, deeply moving and wonderfully woven tale of a young woman's journeys - into herself, her marriage and around the world. Anyone in a partnership - man or woman, sailor or not - will benefit from this book.

Book Information

Paperback: 308 pages

Publisher: Base Camp Books (March 1, 1999)

Language: English

ISBN-10: 0968454402

ISBN-13: 978-0968454404

Product Dimensions: 8.5 x 5.3 x 0.7 inches

Shipping Weight: 13.6 ounces (View shipping rates and policies)

Average Customer Review: 3.7 out of 5 stars 26 customer reviews

Best Sellers Rank: #1,655,347 in Books (See Top 100 in Books) #84 in Books > Sports & Outdoors > Outdoor Recreation > Sailing > Narratives #4534 in Books > Sports & Outdoors > Water Sports #5860 in Books > Self-Help > Relationships > Interpersonal Relations

Customer Reviews

Main and her husband, Alec, put their jobs on hold for three years, bought a 33' catamaran and followed his dream of sailing around the world. Some 32,000 miles later, they had survived terrible storms at sea, eaten strange and exotic foods, encountered menacing sailors (pirates?), and become part of an amorphous community of waterborne adventurers. But the oceangoing life often frightens Main and tests her marriage. In fact, the first half of the book focuses primarily on her unhappiness with her own self-doubts, her husband for not being more sympathetic, and her general loneliness. By the second half of the book (and journey), she has come to terms with herself and her husband, and the places they visit and people they meet take center stage. The reader

finally begins to feel the joy of exploring the world. Part travel chronicle, part self-exploration, and not entirely satisfactory on either account, this book is only for the most complete of public library adventure collections. ALinda M. Kaufmann, Freel Lib., Massachusetts Coll. of Liberal Arts, North AdamsCopyright 1999 Reed Business Information, Inc.

Alayne Main sailed over 32,000 nautical miles with her husband on their catamaran. She now practices medicine and lives beside a lake in Southwestern Ontario with her husband and two young children. This is her first book.

This was a gift but i know my Daughter enjoyed it a lot.

Just awful.

Very nice read. I have already read it twice and my wife is reading it now. It reminds us of us.

I am a "sailing wife", the one who has the irrational fears even though I love the challenge and excitement, the one who does not have the mechanical prowess to fix the engine or come up with an ingenious solution to failed rigging. Although my husband and I have limited our cruising thus far to Lake Ontario and the St Lawrence, we plan to frequent more exotic cruising grounds in our future. I found this book to be incredibly inspirational and comforting. I was looking for a book that would tell the story of what it is really like to cruise the world, and this book provided extra's I was not expecting. Alayne not only provided a glimpse into the unimaginable beauty of remote locales and their people, she also conveyed the growth in herself and in her relationship with her husband that I can already relate to in smaller scale cruising. By the end of this book, Alayne and Alec Main became heroes to me. In the beginning, I relished this book selfishly. But I found that I could not contain myself from sharing Alayne's adventures with friends and family. My husband is reading it now, interested to learn more about what I am going through in our escapades. Friends who have never even sailed have asked to borrow the book, as well, proving that this is not a story that would be of interest to sailors alone. Bravo to Alayne for having the courage and strength to publish her story for anyone who dreams of cruising the world, but especially for the women who love their husbands and love sailing with them.

I bought the book by Alayne Main directly from her at the Strictly Sail boat show in Chicago on

February 3rd, 2001, after attending a seminar presided over by her. She autographed the book for us. The seminar was about preparing your boat with medical supplies and I had no prior knowledge of Alayne and/or Alec. While purchasing the book, I made an off-hand comment that probably sounded rude to Alayne. When I saw the cover, "Is that you?", I asked. I hope she wasn't offended. The pretty long haired girl on the cover..I now know to be the mature and life knowing person who wrote this wonderful book. My wife and I had "split-up" that day to attend different seminars so that we could learn as much as possible about long distance cruising, since we are planning to set out on our adventure this fall. I was lucky enough to "draw" her seminar. Around the world has also been a dream of ours, but I would have to admit that before I read this book, I really thought of it as an impossible dream. The book has changed my perspective. I couldn't put the book down..finished reading it this morning, as I pulled an "all nighter" with my Father-in-Law, who is in his last stage of prostate cancer. Ergo, the title of my review, "Perfect Timing". Listening to his throaty gurgles, amidst heavy and stacato snoring, I had somehow felt sorry for myself, having to stomach what has really been NOTHING in comparison to what most people have to endure during their lifetimes. Alayne's book talked to me because I could relate to the sailing descriptions and the inner turmoil and fears that she described so perceptively. My Father-in Law's condition brought home life's realities at the same time. Life really is too short isn't it? This book helped me to appreciate what I have and what is out there yet to see in this very small world. Who could ever be afraid to see their world, admire it's natural beauty, and learn all that's possible about the wonder of humanity? And in the midst of this, learn more about oneself. As a result of this reading I will never again wince at the sound of howling wind in my shrouds, or fear an unknown and probably made up pirate who will attack my ship, my wife, my being. Life is too short and wonderful to fret. Alayne's courage is infectious. I hope I caught it BAD!!! I obviously recommend this book. Anyone who sails on the water and/or swims through life's adventures will love what they get out of this book. Thank you Alayne and Alec for sharing so much!

Both men and women will benefit from reading this book about sailing around the world and the differences between men and women in their perceptions, reactions and coping with the unknown. This book really helped my husband (who loves adventure, sailing and isolation) understand my fears and my need for outside friendships. We both laughed at the similarities in our experiences with those of Alayne and Alec in coming to terms with being two separate people trying to compromise and work together. This isn't just a book about sailing - it's a book about making loving relationships work at the worst of times. All couples (sailors or not) will benefit from reading it. I

loved the frank and honest way it was written. It took a lot of guts to write about their experiences in this way.

Alayne Main writes descriptively (and reasonably well) about her personal experiences and fears while traveling around the world with new husband Alec on their catamaran Madeline. The narration, initially interesting to those that might be contemplating a similar voyage, degenerates into a litany of whines and emotional outbursts that make for somewhat tiresome reading. (Pity me on my trip of a lifetime!) Alayne makes it clear that the dream to sail the globe is her husband's, not hers, and any strength or determination displayed in the journey is rooted not in self-confidence or a bonafide thirst for adventure or experience, but in marital obligation. It's Jacques Cousteau meets Oprah Winfrey on the high seas. Will the boat or the marriage end up on the rocks first? That the voyage is completed successfully -- despite Alayne's plethora of fears, emotional neediness, and lack of mechanical skills -- is a testament to Alec's patience and genuine care for his wife. (One wonders if Alec will publish a companion book of how to still enjoy oneself while cruising shackled to an irrational killjoy.) Overall, the thrill-seeking, wannabe-sailor reader will certainly reconsider any romantic notions of sailing off into the sunset with their spouse or partner, and perhaps contemplate a solo voyage instead.

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