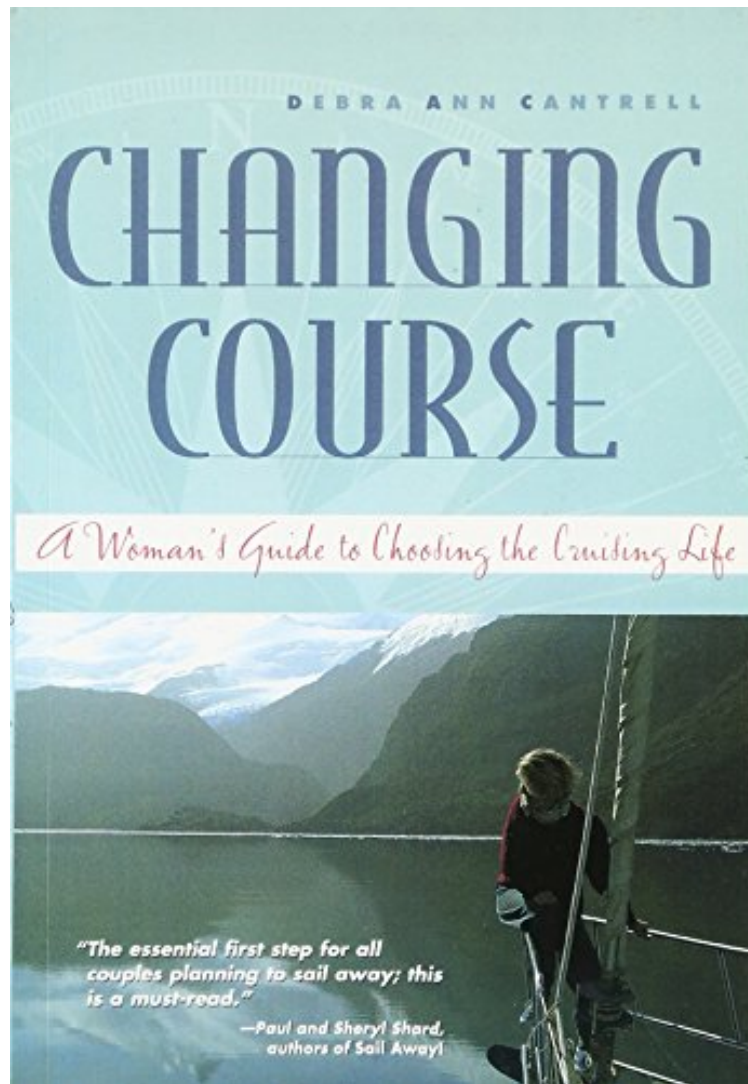


(Download free pdf) Changing Course : A Woman's Guide to Choosing the Cruising Life

## Changing Course : A Woman's Guide to Choosing the Cruising Life

Debra Cantrell

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**Debra Cantrell : Changing Course : A Woman's Guide to Choosing the Cruising Life** before purchasing it in order to gage whether or not it would be worth my time, and all praised Changing Course : A Woman's Guide to Choosing the Cruising Life:

5 of 5 people found the following review helpful. Practical Guide to Shoving off with a PartnerBy Capt. Suzi Wallace MFA MMYes, this is a quick read. Started reading and couldn't put it down because I've been down this passage before and now looking forward to going back to the cruising life as a single woman. Really good questions are posed about the lifestyle and the options are explored in detail. The title is misleading...it is not about women who choose

this life, it's more about coercing women into making this choice. I give those women credit, they must really love their partner. I gained a lot of insight though, from the various perspectives highlighted through women's stories. It was rather validating knowing that I have been through each of the scenarios in my younger days with my husband, although I was the 'rare' sailor who had the boat, then the partner. I found only one small mention, and was considered 'rare' to be a woman already a sailor/instructor no less. I think the author has not interviewed enough women. More and more women are going alone, just like I've seen so many men go it alone. Single-handing is a joy, a special breed...this book presumes that a woman has to go with a man/partner...this is not true...the walls of male~female conformity are coming down~ Women do need to realize there is a whole world out there beyond the shadows of co-dependency if you're up for the challenge! Two competent sailors on board is a blessing! I've spent a lifetime training men and women to sail and it is a universal sport/lifestyle...out there in the wind and waves, gender does not predetermine skills. Face the wind~ take the helm~ and set your own course!

0 of 0 people found the following review helpful. Is This the Life for Me? By Mario Hayes I have met a wonderful man who is retired and cruising. Heading into retirement myself, we are talking seriously about making this our life together. I need all the information I can get to help me decide if this is the life for me and, if so, what I should expect - both good and bad. This book is extremely informative!

1 of 1 people found the following review helpful. A Positive Perspective By Harry One I bought Changing Course for my wife but I read the book in parallel with her so that I could stay in touch with her feelings as the book progressed. Changing Course by its nature is very positive from the first thoughts of cruising through to the end of the cruise and returning to land. Cruising Life certainly does not shy away from some of the more difficult questions and fears a person might have when asked by an enthusiastic (usually male) partner to toss everything aside and go cruising. This book gave perspective that can only be gained from talking in detail with hundreds of people that have been there before. While you may want to criticize some of the statistics because of the population from where they are derived, the narrative and the personal accounts from people that have been there before make this book a great tool for answering some of those pressing "what if" questions.

"[A] well-researched, gracious and truthful account." --Georgian Bay Today When her husband proposed living on a boat full-time, Debra Cantrell wondered what other women in her position had done and began a five-year study to find out what choices they had made and how it had all worked out. The result is Changing Course, a guidebook for navigating this odyssey. No matter what the outcome, each woman was strengthened by the experience. In an era when "downshifting" is common and people are considering the benefits of simplified living, Changing Course is both timely and practical.

"Changing Course is first and foremost a primer in rational decision-making. The focus of the book is the question: to cruise or not to cruise, a question Cantrell considers most difficult for women. [But] the book is helpful regardless of who wants to go and who hangs back." - Points East; "Changing Course is aimed at the process of making this major decision about your life. Cantrell's professional skills as a counselor and educator are well exercised in this volume. Above all, she offers reasonable answers about challenges and risk-taking, Many readers will find a safety net inherent in her approach to cruising..." - 48[degrees] North; "Ask any couple living aboard an average-size cruising boat: men troubleshoot; women problem-solve. Men need to know what; women need to know why. Men prefer to learn by doing, figuring out things as they go along; women are more comfortable figuring out how things work before swinging into action." - Sailing From the Back Cover "The essential first step for all couples planning to sail away; this is a must-read." --Paul and Sheryl Shard, authors of "Sail Away!" ""Changing Course" is the first book that honestly evaluates the transition to life afloat." --Beth Leonard, author of "The Voyager's Handbook" Debra Ann Cantrell faced a dilemma when her husband proposed living and cruising on a boat. She would lose a career she loved and, she feared, everything by which she'd defined herself. She wondered how others had made the decision to go cruising and how their choice affected their lives. Her search for answers led her to more than a hundred women, over a five-year period, whose partners had proposed the cruising life. "Changing Course" chronicles the odyssey of making a major lifestyle change from land to sea. This thought-provoking and highly personal book explores what women stand to gain when they set forth on such a journey--and what they stand to lose if they do not. "Excellent preparation." --"48 Degrees North" "A solid resource for cruisers. . . . Cantrell's sensible advice is reassuring, positive, and affirming." --"Southwinds" "Fresh and honest, and the author is warm, enthusiastic, and encouraging." --"Good Old Boat" "Poignant and highly inspiring." --Women's Sailing Foundation About the Author Debra Cantrell is an adult educator working with the native peoples of Canada--helping them develop self-government and social institutions. A large part of her job is facilitating workshops; she also trains counselors to deal with social problems such as alcoholism and child abuse. Her husband first started talking about longterm cruising in 1987, and they chartered in the Caribbean in 1987, 1991, and 1993. They bought their boat while on charter in 1993, and have since been easing into the cruising life with two-month cruises whenever possible. They made their first major offshore passage (U.S. Virgins to the Chesapeake) in 1997. Meanwhile, in her doctoral program in Adult Education, Cantrell wrote her dissertation on women embracing the cruising lifestyle. Through the internet and sailing magazines, she met and interviewed 107 women, following

some 80 of them over a five-year period of their lives. Cantrell sees a conjunction between her professional work and her interest in cruising women--in both areas she has focused on holistic wellness, health and happiness achieved through challenge and change. HOMETOWN: Collingwood, Ontario