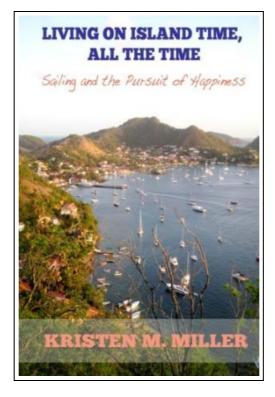
Living on Island Time, All the Time: Sailing and the Pursuit of Happiness



Filesize: 6.77 MB

Reviews

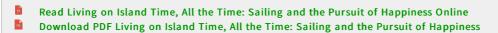
The ebook is fantastic and great. I am quite late in start reading this one, but better then never. I am just effortlessly could possibly get a enjoyment of looking at a created ebook.

(Mr. Kevin Herzog)

LIVING ON ISLAND TIME, ALL THE TIME: SAILING AND THE PURSUIT OF HAPPINESS



Createspace, United States, 2015. Paperback. Book Condition: New. 226 x 148 mm. Language: English. Brand New Book ***** Print on Demand ******. Quit job? Check. Sell stuff? Check. Move aboard a sailboat? Check. Learn to sail? That s on the to-do list! When Kristen was in her mid-20s, she and her husband quit their jobs, sold their stuff, and sailed their 27-foot sailboat to the Caribbean. The initial plan was a simple tropical sabbatical, but the three-year adventure changed Kristen s fundamental views on how to live well. Instead of bringing home shell necklaces and baskets full of sea glass, she returned with a new philosophy on how to live a simple, meaningful life - she learned how to live on island time, all the time. More than just a sailing memoir, Kristen reflects on the lessons she learned at sea and how they translate to living a more mindful and intentional life in the rat race today. Overarching themes of happiness, well-being, marriage, and social capital are discussed and each chapter ends with a set of exercises designed to help the reader find their own island time.



Other eBooks



Games with Books : 28 of the Best Childrens Books and How to Use Them to Help Your Child Learn - From Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

Save ePub »



Games with Books: Twenty-Eight of the Best Childrens Books and How to Use Them to Help Your Child Learn from Preschool to Third Grade

Book Condition: Brand New. Book Condition: Brand New.

Save ePub »



Crochet: Learn How to Make Money with Crochet and Create 10 Most Popular Crochet Patterns for Sale: (Learn to Read Crochet Patterns, Charts, and Graphs, Beginner's Crochet Guide with Pictures)

 $Create space, United States, 2015. \ Paperback. \ Book Condition: New. \ 229 x 152 \ mm. \ Language: English. \ Brand New Book ***** Print on Demand ******. Getting Your FREE Bonus Download this book, read it to the end and...$

Save ePub »



Everything Ser The Everything Green Baby Book From Pregnancy to Babys First Year An Easy and Affordable Guide to Help Moms Care for Their Baby And for the Earth by Jenn Savedge 2009 Paperback

 ${\tt Book\,Condition:}\,{\tt Brand\,New.\,Book\,Condition:}\,{\tt Brand\,New.}$

Save ePub »



Weebies Family Halloween Night English Language: English Language British Full Colour

 $Createspace, United States, 2014. \ Paperback. \ Book Condition: New. \ 229 x 152 \ mm. \ Language: English. \ Brand New Book ***** Print on Demand ******. Children's Weebies Family Halloween Night Book 20 starts to teach Pre-School and...$

Save ePub »