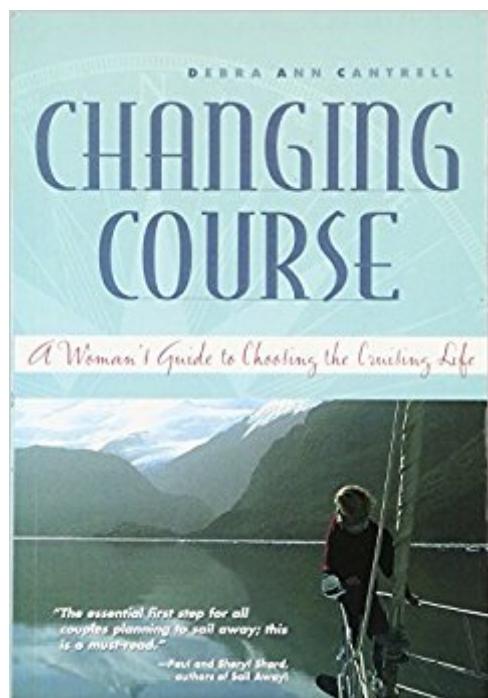


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# Changing Course : A Woman's Guide To Choosing The Cruising Life



## **Synopsis**

"[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.

## **Book Information**

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## **Customer Reviews**

"*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

"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

Yes, 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!

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!

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.

I got my husband to read this as well and it helped us with communication about issues we hadn't really identified yet. However some of the scenarios of overkill. My husband said that a lot of these men were jerks. and yes they were but everyone has different issues so I understand why they might have been included. Its a fairly fast read and you will see yourself in any number of the descriptions. Glad I read it.

Ms. Cantrell's book is an entertaining read with plenty of solid information. Subtitled *A Woman's Guide to Choosing the Cruising Life*, it is a very good book for men and women to read. This couple spent two years sailing through the Bahamas, then down the Caribbean Islands. The author speaks of the people they encounter as being the richest part of the experience. The author goes into many recipes collected along the way, but the route planning information is more worthwhile, from this reader's point of view. I liked the survey information of people doing this kind of cruising - very informative. This book shows that it is possible to take a couple years off, and go on a nice, long boat trip. Not everyone is interested in a trip around the world, and this book shows us a realistic account of their island cruise. Well worthwhile, and worth more than the modest price charged! Five Stars!Denny Means

This is a great book for both men and women who are considering sailing. It gave me many things to think about as we start planning our next phase. It wasn't expensive and it's an easy read, so why not. More information is better when it comes to making a life changing decision like giving up everything (or not) to set sail. I enjoy that a woman wrote this book about other women making the same decisions. Most sailing books were written by men, about men, from a man's point of view. It was very refreshing and my husband enjoyed it as well!

Just what I was looking for! I needed to hear that it was going to be ok from other women who've done it. I needed to hear the advice on "how to" from women.

It was a gift for someone, she said that it was like a self-help without real life suggestions.

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