

# Press Release

## **Sail Away - How to Escape the Rat Race and Live the Dream**

**By Nicola Rodriguez**

**Price: £19.99 296 Pages**

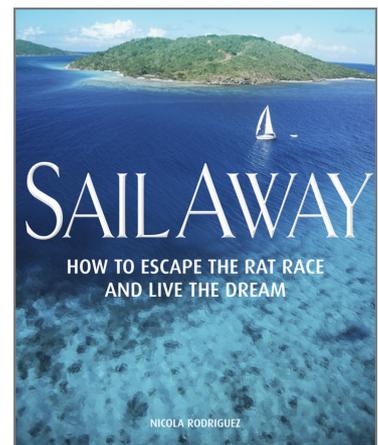
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There's never been a better time to buy a boat and sail away. Western economies are on the brink of collapse and a decent return on investments is hard to find - so why not cast off on the adventure of a lifetime?

*Sail Away* is an up-to-date guide on how to realise the dream and go blue water cruising. Each stage of the process is covered, from choosing a boat and handling your shore-side affairs to coping with ocean passages and provisioning in far flung places. There's advice on funding your adventure, cruising with children and coping with reluctant spouses.



A wide range of options are explored – perhaps you want to explore the Med before returning home, or maybe you have your heart set on a Caribbean circuit. For some the Pacific and a possible circumnavigation beckon – this book covers them all with advice on cruising areas and unmissable harbours and anchorages.

There are charts showing ocean routes, as well as everything from kit lists and recipes to personal accounts of the author's own highlights from the high seas. A wealth of colour photographs by the author's husband, John Rodriguez, bring the dream to life.

At 296-pages, there is a huge amount of information for would-be explorers, but a full index allows *Sail Away* to be a useful reference as well as an inspiring bunkside read.

Nicola Rodriguez spent six years blue water cruising with her husband John and their two children. She shares her own experiences and those of some of the hundreds of sailors she met along the way, providing advice that's been tried and tested.



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**Notes to editors:**

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