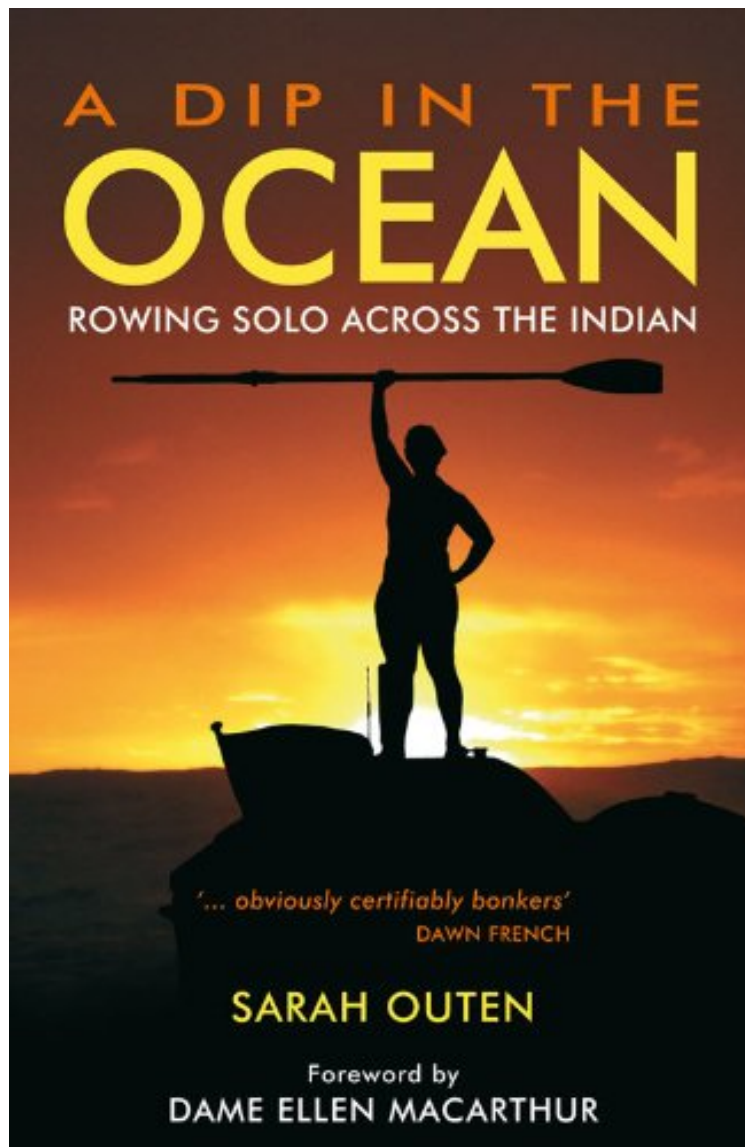


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A Dip in the Ocean: Rowing Solo Across the Indian (English Edition)

Von Sarah Outen

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Von Sarah Outen : A Dip in the Ocean: Rowing Solo Across the Indian (English Edition) before purchasing it in order to gage whether or not it would be worth my time, and all praised A Dip in the Ocean: Rowing Solo Across the Indian (English Edition):

KundenrezensionenHilfreichste Kundenrezensionen0 von 0 Kunden fanden die folgende Rezension hilfreich.

Selbstverwirklichung auf dem Meer Von Irrlicht Sarah Outens Biographie über den Verlust ihres Vaters und die Überquerung des Meeres ist ein lesenswertes Buch über Selbstfindung und vor allem Selbstverwirklichung, die mich arg beeindruckt hat. Ungeschönt und klar (dadurch manchmal etwas ruhig und unspannend) beschreibt Sarah ihren Weg über das Meer. Ich fand es sehr lesenswert, wie sie das alles alleine vorbereitet und gestemmt hat. Hut ab, vor Menschen, die solche Wege gehen. Ich weiß nicht, ob ich mich das - vor allem, ob ich mich das alleine - trauen würde!

Kurzbeschreibung 4,000 miles of unpredictable ocean 500 Chocolate bars 124 days of physical exertion 3 Guinness World Records set 1 incredible journey On 1 April 2009, brave twenty-three-year-old Sarah Outen embarked on an ambitious solo voyage across the Indian Ocean in her rowing boat, Dippers. Powered by the grief of the sudden loss of her father and the determination to live life to the full, Sarah and her tiny boat successfully negotiated wild ocean storms, unexpected encounters with whales and the continuous threat of being capsized by passing container ships. Along the way she broke two oars, ate 500 chocolate bars and lost 20 kg of bodyweight before arriving in Mauritius. She became the first woman and the youngest person to row solo across the Indian Ocean. Life-affirming, funny and poignant, Sarah's salty tale of courage and endurance will inspire the taste of adventure in everyone. Pressestimmen "A book to stroke your adventurous streak . . . gripping." -- "National Geographic Traveller" "A book to stroke your adventurous streak . . . gripping." "National Geographic Traveller" "This book is [Outen's] story, and a remarkable one it is." "Booklist" "Pressestimmen" "This is a gripping, funny read." The Western Morning News 'A real inspiration... If you want a book that gives you inspiration to live life to the full, look no further.' St Christopher's Live Your Life e-zine 'like a swim, you'll come out feeling refreshed, invigorated and wanting to do more with your life after reading it.' Adventure52.com Featured on -- Excess Baggage BBC Radio 4 'truly emotional... A synthesis of body, mind and soul! the closest you'll ever get to sharing in this incredible achievement.' b. there! (Brussels Airline magazine) 'The ocean rower, author and motivational speaker, 25, shares her story of gritty determination.' Health Fitness