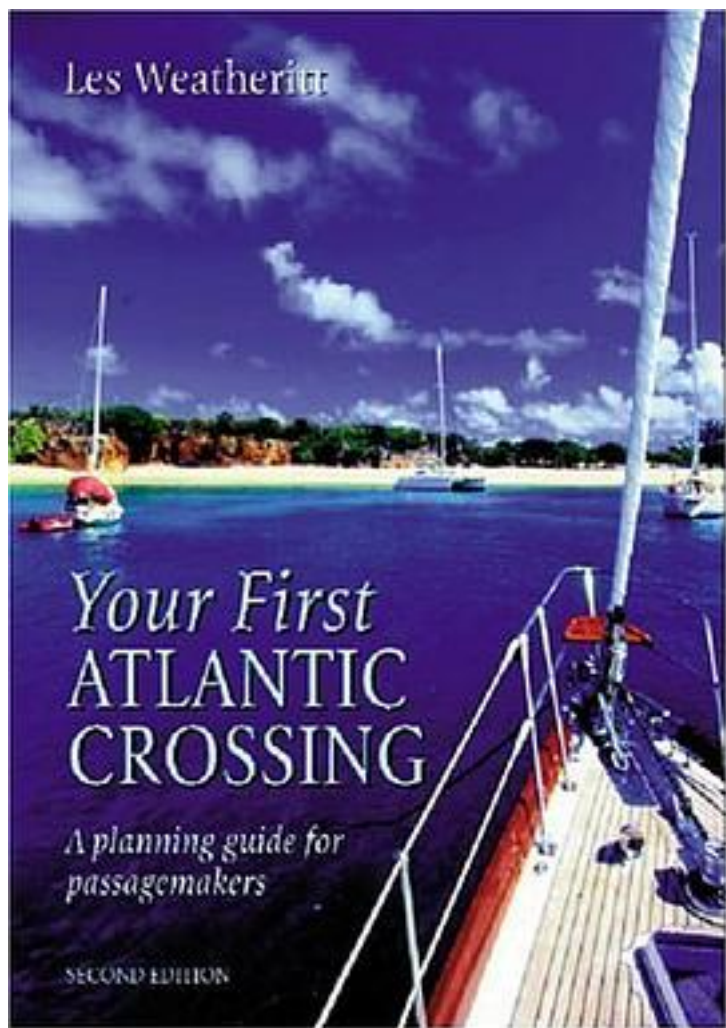


Your First Atlantic Crossing



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Answering all of the important questions, this book attempts to allay and novices' fears

- not just about how to sail an ocean and survive - but also how to sail one and enjoy it. Here are insights into the social as well as nautical reality of fitting out, the comfort of highly detailed plans, the norm of impulsive decisions, the inside story of life with a crew, coping with unexpected gales and calms, the live-or-die decision to keep watches or not and the ports from Spain to Tobago via the Atlantic islands and west Africa.

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