



# GET ONBOARD AND GET INSPIRED!

a woman's journey 20 years living on a sailboat:  
inspiring adventures, empowering story

Live vicariously through one woman's journey of finding her voice, taking control of her health, and discovering her passions, strength, and capacity for love and forgiveness.

Join Carole Fontaine as she moves onto a boat, adapts to a new lifestyle, learns hard 'beginner' lessons, sails the breathtaking ocean, survives gale storms, and navigates life for 20 years in a meager 41 feet of living space with an unconventional husband and, of course, a dog.

This is the first of a four-book series where each book represents a unique aspect from the author's signature program S.A.I.L.: Simplify, Align, Integrate, Let Go. Readers will benefit from tips and insights on how to simplify all aspects of their life while exploring different healing modalities, writing prompts, and exercises following each chapter.

*S.A.I.L. Above the Clouds* weaves big emotions, humorous impasses, and motivating results through topics such as overcoming major health concerns and chronic disease, tackling mental health, surviving the doldrums of a 30-year marriage, discovering life's purpose, and learning when you're the crab's dinner, or receiving a naked spank from Mother Nature. **Readers will laugh, cry, or cringe, and dive deep into a journey of self-discovery coming out of it energized, and inspired!**

## S.A.I.L. Above the Clouds—How to SIMPLIFY Your Life:

9" x 6", 260 Pages

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**Book #2** coming in 2022

• **COPIES SOLD ON 5 CONTINENTS!**

• **AS SEEN IN:** *The Miami Herald*, *Sail Junky Magazine*, Miami's #1 Morning Show Paul Castronovo's BIG 105.9, *The Caribbean Compass*, *The Kennebunk Post*, *The Florida Sun*, *Le Courier de la Floride*, *Journey Magazine*, *Daughters of Change*, *Uncharted Entrepreneurs*, ...

• **INTEREST:** Memoir, Inspirational, Travel, Adventure, Mental Health, Sailing, Florida, Health, Self-Help, Nature Lover, Life Hack, Simple Life, Stress Relief, Empowerment, Chronic Illness, Meditation, Personal Growth, Journaling.

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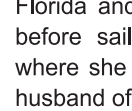
*The Miami Herald*

★★★★★

5-stars reviews



**Carole D. Fontaine** is a successful graphic designer and a life-long student of holistic and yogic philosophies. She is a certified Mindfulness Life Coach, Meditative Writing, Shakti Dance® Yoga, and Reiki Master Teacher. She teaches self-improvement and empowerment workshops. Originally from Québec, she spent 25 years in Florida and cruised the Bahamas before sailing to Maine in 2018 where she currently lives with her husband of 30-years.



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