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EXCERPT: Sailabovetheclouds.com

FOR IMMEDIATE RELEASE 4/26/2024

Get your Flip-Flops Ready for Salty Book Signing at BAM South Portland 5/4
Bestselling Author to Discuss Unforgettable 20 Years on Sailboat and Share Inspiring Series

Shapleigh, ME — Meet bestselling author, Carole Fontaine, on Saturday, May 4, at Books-A-Million South Portland from 12 pm- 3 pm. Fontaine spent 20 years living on a sailboat and will talk about her unforgettable adventures, share salty tales, and inspiring insights from her unconventional lifestyle.

Her series “S.A.I.L. Above the Clouds” –Book 1: “How to Simplify Your life,” and “Book 2: How to Align Your Life” – have been bestsellers on Amazon in the US and Canada. Book 1 was a finalist for Book of the Year from Book Talk Radio Club (UK).

The sailing yogi tackles epic highs and lows with her husband on their 20,000 nautical miles journey: braving the unknown, surviving hurricanes, and sword encounters, rescuing divers from certain death, diving into mystical caves, and swimming with dolphins (and sharks!) – while conquering her fears, and discovering what sets her soul on fire. Using her intuition as her compass, she sets sail searching for her North Star as she also navigates chronic illness and heals body, mind, and spirit.

The 4-part series represents her signature program, S.A.I.L: Simplify, Align, Integrate, Let Go™ with Book 3 and 4 in the works. This is much more than a memoir series, but a deep dive into self-discovery, for the author as much as for the readers with the tools provided at the end of each chapter to help reach optimum health and happiness.

The *SAIL Above the Clouds* series taps into the deep dives of Adrift, and merges the spirituality of Eat, Pray, Love with the saltiness of Captain Ron, making readers laugh, cry, and cringe with her hilarious take on small living and sharing a meager 13 x 41 foot space is with her husband to discover the vastness of spirit.

LOCATION: May 4, 12-3 pm, Books-A-Million, 430 Gorham Rd South Portland, ME 04106 (Flip-flops not included.)

ABOUT: Carole Fontaine is a writer, graphic designer, and student of holistic and yogic philosophies. Her certifications include Mindfulness Life Coach, NAMI Mental Health First Aider, Meditative Writing, Shakti Dance Yoga, and Reiki Master Teacher. With 20,000 nautical miles under her belt, she has learned the art of navigating the currents of life with ease and grace. She was the publisher of Real Sailors Magazine (FL) and is a contributing writer for Journey Magazine (Maine). She speaks and teaches self-improvement and empowerment workshops on mindset, stress management, as well as boating practices. Originally from Québec, she spent 25 years in Florida and cruised the Bahamas before sailing to Maine where she currently lives with her husband. She travels North America and shares insights and stories helping people discover their inner radiance and map out a path to their dreams... no matter how unconventional.



MEDIA INQUIRIES and IMAGE REQUESTS: Please contact Carole D. Fontaine at 954-471-6615 or caroledfontaine@gmail.com, 31 Rainbow Road, Shapleigh, ME 04076.

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MORE ABOUT S.A.I.L.

"Carole's book does a fantastic job of inspiring people to live a fulfilled life...I highly suggest it to our readers." –Mike Desimon, SAIL JUNKY Magazine

"A true-life story about a couple that made the decision to dramatically change their lives...Choosing to sail above the clouds is not a dreamer's quest; it is a survival skill." –LATITUDES & ATTITUDES Magazine

"Carole's books S.A.I.L. showcases the resiliency and adaptability needed to tackle the unpredictable nature of the sea and draws powerful parallels to the challenges faced in our everyday lives. Through her journey from being a novice to mastering the art of sailing a 20-ton boat, in addition to figuring out her own health issues, she serves as a beacon of strength and empowerment. Her realizations about her own capabilities, reflected in her writings, inspire readers to confront their fears and embrace challenges, whether on open waters or in the confines of their homes. A truly uplifting and empowering writer (and human being)."

–Carolyn Delaney, Publisher, JOURNEY Magazine, Maine

"Carole was ahead of the times with her short, meditative prompts, which encourage us to write from the depths of our hearts. Lately, wherever I turn on social media, I see the psychologists recommending our taking five or 10 minutes at the start of the day to do some "meditative writing" which Carole has been doing for the last 20 years. She gives us an opportunity throughout her book to laugh and cry and get motivated to bring our awareness into alignment with the peace, love and joy which we are made of: our original nature. Carole's writing style suits my soul and fits me like a glove. She is real and shares her adventures skillfully. She is a master storyteller. Even if you easily suffer from sea sickness, enjoy sailing the seas with her, and bring joy into your land-loving self."

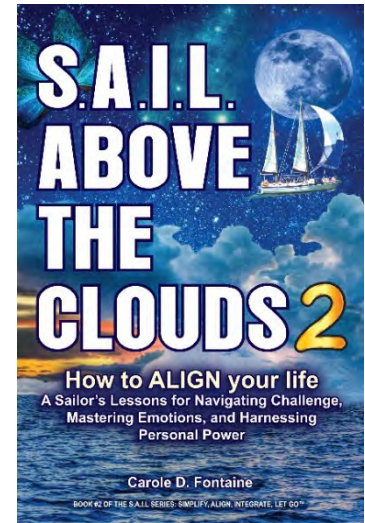
–Roslyn Reich, Professor Emeritus, Miami-Dade College, Brahma Kumaris, Hollywood Director (World Spiritual University)

"She's a package full of energy," and "...so inspiring," "...really amazing," –Paul Castronovo's BIG 105.9 FM Miami's #1 Rock Station

"I couldn't put this down! I found it inspirational, and when I sat down and did the writing prompts, my mood shifted. Very positive and uplifting. Would make a great gift."

–Sheryl Miter, Host Unchartered Entrepreneur

"The Right Book at the Right Time for So Many! Not often do I come upon a book such as this, where one can sit back, take the brakes off, and let the imagination take over for a joyride. Great storytelling and such a marvelous escape from all the negative noise out there today. And indeed, a great "user guide" for steering your personal ship in the right direction. Recommend strongly!" –Dennis P., 360° Nation



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Toronto Boat Show January 2024