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EXCERPT: Sailabovetheclouds.com

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Get Your Flip-Flops Ready: 20-Years Liveaboard Sailor Launches Bestselling Sequel

Inspiring Memoir Shares Laughter, Big Emotions, & How to Navigate Storms with Ease and Grace

Knowlton, Qc, CAN—Carole Fontaine has released the second in her bestselling series, *S.A.I.L. Above the Clouds* to #1 on Amazon in Sailing Narratives in Canada. In book 2, subtitled *How to Align Your Life*, the sailing yogi returns with insights and salty tales from 20 years on a sailboat, tackling the highs and lows of relationships in tight quarters, braving the unknown while surviving sea monsters, storms, sword encounters, and poop deck explosions. The sea-bound heroine saves divers from certain death, develops her intuition, and dives into caves while reclaiming her life by conquering her fears, embracing her authenticity, and discovering what sets her soul on fire.



Each book in Fontaine's four-part series represents part of her signature program, S.A.I.L.: Simplify, Align, Integrate, Let Go™. Readers can replace the New Year's resolution merry-go-round with an inspiring journey of self-discovery, learn how to tap into the power within, and apply the tools provided at the end of each adventure. Fontaine offers a salty perspective on healing your life and setting your compass towards success 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.

SAIL Above The Clouds: How to SIMPLIFY Your Life was Finalist for Book of the Year from Book Talk Radio Club (UK), a bestseller on Amazon for weeks, and sold copies on five continents. **Book #2 launched in December as an Amazon #1 New Release for 12 days in the US and #1 on Amazon Canada many days as recently as today!**

BOOK EVENT: Join Carole at Books-a-Million at The Maine Mall in South Portland on May 4th from 12-3 pm for a salty author event. (Flip-flops not included.) Fontaine taught seminars at The Toronto International Boat Show for the 3rd consecutive year in January and presented her motivational seminar to the Junior League of Greater Fort Lauderdale. Her next online class "Journey into the Heart" is May 22nd at 7 pm. 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.

ABOUT: Carole Fontaine is a writer, graphic designer, and student of holistic and yogic philosophies. Her certifications include Mindfulness Life Coach, 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 speaks and teaches self-improvement and empowerment workshops on mindset and stress management. She was the publisher of Real Sailors Magazine, a featured speaker at the Toronto International Boat Show, and a contributing writer for Journey Magazine (Maine). Originally from Québec, she spent 25 years in Florida and cruised the Bahamas before sailing to Maine where she currently lives with her husband of 33 years, and divides her time between Knowlton, Qc, and her hometown of Cowansville, Qc.

MEDIA INQUIRIES and IMAGE REQUESTS: Please contact Carole D. Fontaine at 954-471-6615 or caroledfontaine@gmail.com, 12 rue Montagne, Knowlton, Quebec, CAN J0E 1V0.

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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

"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."

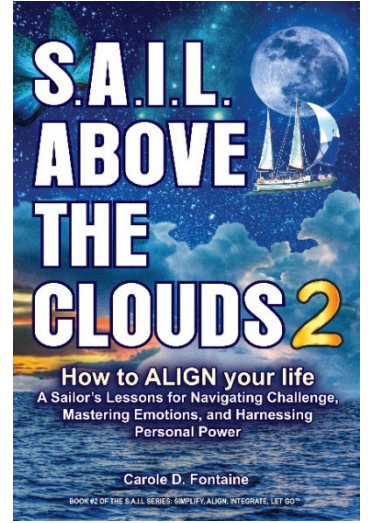
–Roslyn Reich, Professor Emeritus, Miami-Dade College, Brahma Kumaris, Hollywood Director (World Spiritual University)

"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 20th, 2024