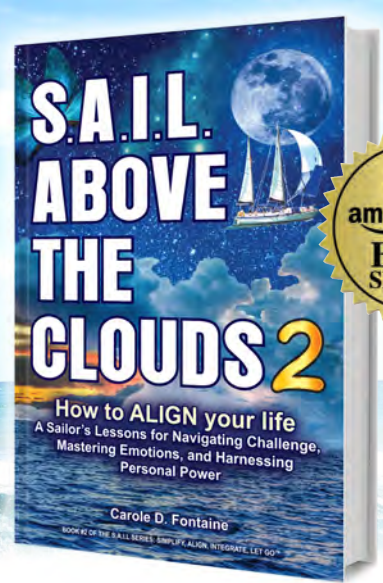




IT'S  
FINALLY  
HERE!



# PUT THE WIND BACK IN YOUR SAILS!

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

Our favorite sailing yogi returns with more salty tales from her exciting 20 years of living on a sailboat, navigating life and health challenges, learning how to conquer her fears, and lighting the spark that will guide her ship home.

S.A.I.L. Above the Clouds #2 picks up with Carole Fontaine sailing into more adventures, surviving sea monsters, storms, sword encounters, and poop deck explosions while saving divers from certain death, developing her intuition, getting unstuck, and reclaiming her life by discovering her true purpose.

Embark on an inspiring journey that will open your heart to incredible human resilience in the face of adversity and expand your awareness to connect you with the infinite source of love and wisdom within.

This is the second 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 benefit from an interactive set of tools at the end of each chapter that helps them tap into: the incredible healing power of mindfulness, chakra balancing, and an enhanced intuition to align all aspects of their lives for success.

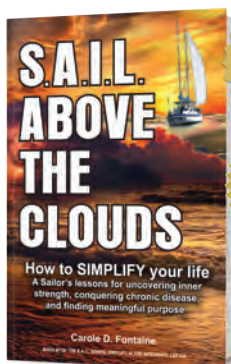
**BOOK #1 SAIL Above The Clouds – How to SIMPLIFY Your Life** was the first in the series. It was Finalist for BOOK OF THE YEAR from Book Talk Radio Club (UK), BESTSELLER on Amazon for weeks, and sold copies on 5 continents. Although you can start your journey with Book #2, we recommend that you dive into the highly praised Book #1 and then sail into Book #2.

Root for this sailor through: highs and lows, her stormy galley prowess, dives into mystical caves, cringing through the crashes, and embracing her authenticity. Celebrate her voyage of self-discovery.

Prepare to launch your search for what sets your soul on fire, capture the energy to fill your sails, and get ready to Sail Above the Clouds.



**Carole D. Fontaine** is a successful graphic designer, writer, 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 triumphantly embraced the art of observing and navigating the currents of life. She teaches self-improvement and empowerment workshops on mindset and stress management. 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.



As seen in  
**The Miami Herald**  
★★★★★  
5-stars reviews

"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**

"She serves as a beacon of strength and empowerment.. 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!"  
-Carolyn Delaney, Publisher, **Journey Magazine**

