



FOR IMMEDIATE RELEASE

Florida Sailor & Maine Author Finalist for Book of the Year Award

Inspire your day with adventures and positive insights!

[Shapleigh, ME, US, 10/20/2021]— SAIL ABOVE THE CLOUDS CREATING WAVES!

Carole Fontaine 20-years liveaboard sailor who threw in the anchor in Shapleigh, Maine, after 25 years of living and cruising the Florida and Bahama waters, is creating waves across the pond with her book *S.A.I.L. Above the Clouds—How to Simplify your Life*. The author's first book was named Finalist for **Book of the Year 2021 Award** from Book Talk Radio Club in the UK. Winner will be announced November 7th.

Known to some as the “sailing yogi,” Fontaine’s memoir/self-improvement series tells of adventures and lessons learned in her unconventional life aboard Windsong, a 41’ vessel she sailed from Florida to Maine in 2018 after 20 years of living and cruising South with her husband.

Fontaine pulls from her training in different holistic modalities, and her experience simplifying her life on the boat and managing chronic health issues to give readers an *experience* by practicing the life-enhancing exercises following each chapter.

Fontaine is a Certified Life Coach specializing in Mindfulness, Meditative Writing, Shakti Dance™ Yoga, and Reiki Master Teacher.

How to SIMPLIFY Your Life 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™.

The busy author will be published in 2 upcoming Anthologies and her second book in 2022, “*S.A.I.L. Above the Clouds—Align with Joy, Adventures of a 20-Years Liveaboard Sailor and Guide to Escape Stress and Navigate Life’s Challenges*,” and will be featured in an upcoming Maine Women Author TV series.

Her first book has sold copies across 5 continents and had various media coverage in the US, Canada, and the Caribbean (in English and French). Launched on Black Friday 2020, it was an Amazon bestseller for 3 weeks and has remained on top of the chart. It is available on all major book platforms, in certain libraries, and all Sherman’s bookstores in Maine.

SailAbovetheClouds.com

TESTIMONIALS:

AS SEEN IN THE MIAMI HERALD!

"You must read this book. Wisdom shines through every page. A gem." -Marianne Bennett-Altschul, BSW, MSW, RYT

"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

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

"I am a therapist and a sailor! ...It is now a must-read for my clients! Loved it!"
-Shauna Hoffman, MA, MFT, Host A Journey to Awareness

FINALIST in BOOK OF THE YEAR 2021 AWARD from Book Talk Radio Club: www.booktalkradio.info

BOOK INFO:

AMAZON: <https://amzn.to/3q4bQdR>

Paperback: \$15.99 – ISBN: 978-1-7361506-0-3

Ebook: \$ 9.99 – ISBN: 978-1-7361506-1-0

Available on Ingram and other major outlets, Barnes & Noble, Kobo, etc.

2-CHAPTER SNEAK PEEK: <https://bit.ly/3mdK0tm>

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