Sailing Small: Inspiration and Instruction for the Pocket Cruiser, 2004, 197 pages, Stan Grayson, 192886208X, 9781928862086, Devereux Books, 2004

Proving that one does not need to be wealthy to enjoy a lifetime of fulfillment aboard a cruising sailboat, this collection contains anecdotes from eight experienced sailors who have voyaged safely and comfortably aboard boats ranging from 16BS-foot centerboard gaff cutters to ocean-going 22-foot cutters. Included is the story of the Sea Dart, the small sailboat made famous by adventurer Tristan Jones in his bestselling book, The Incredible Voyage. Contributors relate how they could afford larger, more complex boats but have resisted the urge to upgrade for reasons both practical and philosophical. Topics covered include boat selection, cooking, toilet facilities, ventilation, sleeping, and seamanship.

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The Body "knows" How to Tune in to Your Body and Improve Your Health, Caroline M. Sutherland, 2001, Health & Fitness, 311 pages. This book takes readers on a journey into understanding the terrain of the physical, emotional, and spiritual components of the body and how tuning into the various entities.

Pride and Prejudice Easyread Large Bold Edition, Jane Austen, Feb 27, 2009, Fiction, 288 pages. A timeless classic, Jane Austen's Pride and Prejudice (1813) is a milestone in the genre of romantic comedy. It highlights the issue of marriage and how it affected women's.

Frugal Yachting Family Adventuring in Small Sailboats, Larry Brown, Jan 1, 1994, Sports & Recreation, 172 pages. Brown discusses the approaches to eating, sleeping, sanitation, storage, and safety on the smallest (15- to-24-foot) cruising sailboats, and reviews the various hull forms and.

Body, Mind, and Sport The Mind-body Guide to Lifelong Health, Fitness, and Your Personal Best, John Douillard, 2001, Health & Fitness, 250 pages. Integrates the stress-reducing techniques of mind-body medicine into a lifelong fitness program that calls for a new ideal of physical and mental balance..

Boatbuilding A Complete Handbook of Wooden Boat Construction, Howard Irving Chapelle, 1994, Reference, 624 pages. Boatbuilding is a practical handbook and boatshop assistant, designed and written to meet the needs of the builder, covering the complete process of wooden boat construction.

The Handbook of Sailing, Bob Bond, 1992, Sports & Recreation, 352 pages. A guide to all aspects of sailing discusses choosing a sailboat, equipment, basic and advanced seamanship, cruising, navigation, meteorology, and safety.

Sailing Just for Fun High Adventure on a Small Budget, A. C. Stock, Jan 1, 2002, Sailing, 238 pages. High adventure on a small budget - this is Charles Stock's philosophy as he cruises his midget 16-foot gaff-rigged sailing cruiser "Shoal Waters" on the Thames Estuary, having.

Rowing to Latitude Journeys Along the Arctic's Edge, Jill Fredston, Oct 10, 2002, Biography & Autobiography, 312 pages. The author recalls her many adventures as she explored the coasts of

Alaska, Canada, Greenland, Spitsbergen, and Norway in her ocean-worthy rowing shell..

Twenty Small Sailboats to Take You Anywhere, John Vigor, Aug 1, 1999, Sports & Recreation, 200 pages. John Vigor turns the spotlight on twenty seaworthy sailboats that are at home on the ocean in all weather. These are old fiberglass boats, mostly of traditional design and.

Catboats From the Boards of the Benford Design Group, Jay Benford, Feb 1, 2009, Sports & Recreation, 128 pages. A collection of inventive catboat designs, from the boards of the Benford Design Group, ranging from 17' to 22' long. Both centerboard and keel designs are shown. All have.

Oar & sail an odyssey of the West Coast, Kenneth Macrae Leighton, Roderick Leighton, 1999, History, 152 pages. .

The Competitive Cat Racing Small Gaff-rigged Catboats, Bill Welch, Nov 28, 2007, Sports & Recreation, 146 pages. "the Competitive Cat" is a one of a kind resource for the modern catboat sailor. The book is geared for the reader who is interested in racing, yet the detailed descriptions.

Sailing Big on a Small Sailboat, Jerry Cardwell, 2007, Sports & Recreation, 240 pages. This guide outlines the planning, boats and accessories sailors of small sailboats need to safely embark on ambitious journeys..

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