



Living on Island Time, All the Time: Sailing and the Pursuit of Happiness (Paperback)

By Kristen M Miller

Createspace, United States, 2015. Paperback. Book Condition: New. 226 x 148 mm. Language: English . Brand New Book ***** Print on Demand *****.Quit job? Check. Sell stuff? Check. Move aboard a sailboat? Check. Learn to sail? That s on the to-do list! When Kristen was in her mid-20s, she and her husband quit their jobs, sold their stuff, and sailed their 27-foot sailboat to the Caribbean. The initial plan was a simple tropical sabbatical, but the three-year adventure changed Kristen s fundamental views on how to live well. Instead of bringing home shell necklaces and baskets full of sea glass, she returned with a new philosophy on how to live a simple, meaningful life - she learned how to live on island time, all the time. More than just a sailing memoir, Kristen reflects on the lessons she learned at sea and how they translate to living a more mindful and intentional life in the rat race today. Overarching themes of happiness, well-being, marriage, and social capital are discussed and each chapter ends with a set of exercises designed to help the reader find their own island time.

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