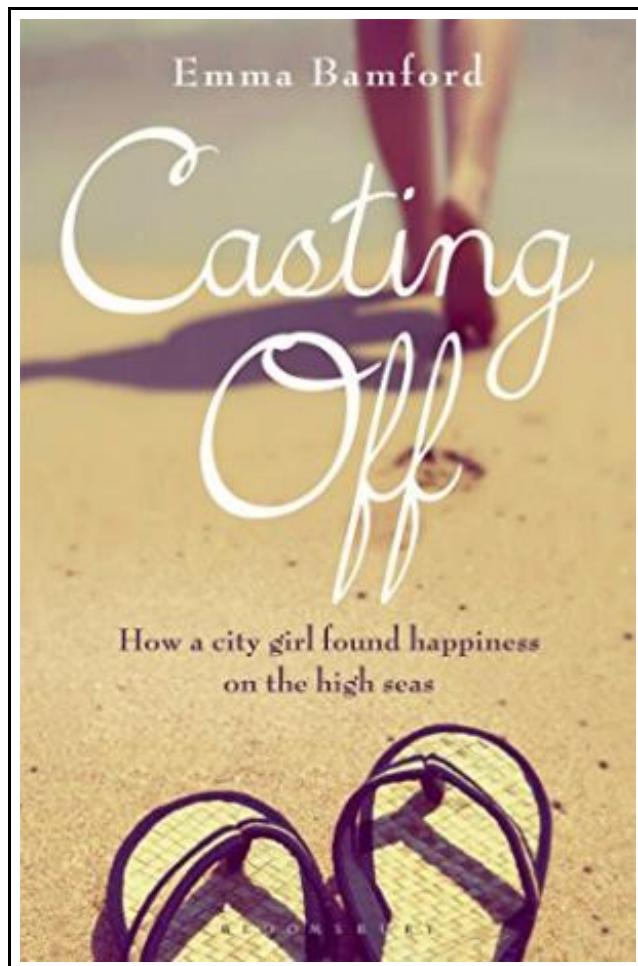


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CASTING OFF: HOW A CITY GIRL FOUND HAPPINESS ON THE HIGH SEAS

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Bloomsbury Publishing PLC. Paperback. Book Condition: new. BRAND NEW, Casting off: How a City Girl Found Happiness on the High Seas, Emma Bamford, As a journalist for the Independent, Emma Bamford is swept along with the London rat race, lost amongst the egos of Fleet Street. Surrounded by budget cuts and bullies, the thrill of a breaking news story is no longer enough. And at 31, still struggling to get to a fourth date and surrounded by friends settling down to married life and babies, Emma decides to grasp her life by the roots and reclaim her freedom by running away to sea and joining a complete stranger (and his cat) on a yacht in Borneo. Reflective yet humorous and self-deprecating, we share Emma's excitement and fear at leaving a good job for an unknown adventure, and join her as she travels to some of the most exotic places in the world and starts to realise what really matters in life. She discovers the supreme awkwardness of sharing a tiny space with total strangers, the unimaginable beauty of paradise islands and secret jungle rivers, glimpses lost tribes, works all hours for demanding superyacht owners, and has a terrifyingly near miss with pirates. Fending off romantic propositions from a Moldovan pig farmer and a Sri Lankan village chief amongst others, Emma finds adventure and happiness in the most unlikely places. From planning each day meticulously to learning to let go and leave things to chance, Emma's story shows that it is possible to break free and find happiness - and love - on your own terms.

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