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Ocean of Insight: A Sailor's Voyage from Despair to Hope

Heather Lyn Mann

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Heather Lyn Mann was a battle–weary environmental advocate in Madison, Wisconsin, struggling over what to do about climate change when she and her husband decided to explore the Atlantic on a small sloop. This memoir of six years living afloat is a chronological unfolding of disasters and discoveries—life–threatening storms, the boredom of isolation, societies on the brink of extinction, sinking ships, colorful Caribbean characters, near collisions, a pirate scare, and more. Throughout, the ocean becomes Mann’s teacher, transforming her with uncompromising lessons on how to harmonize with natural order, the exact moments and ways to let in fearlessness, resilience, happiness, impermanence, balance, compassion, skillful action, and beginner’s mind.

Her suspenseful, sometimes hilarious, and always heart–warming journey of body and mind, shaped by ancient Buddhist teachings, entertains as it charts reality’s depths and danger zones so arm–chair adventurers, spiritual seekers, and the climate concerned can navigate tumultuous waters and arrive together on the shore of planetary well–being.

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