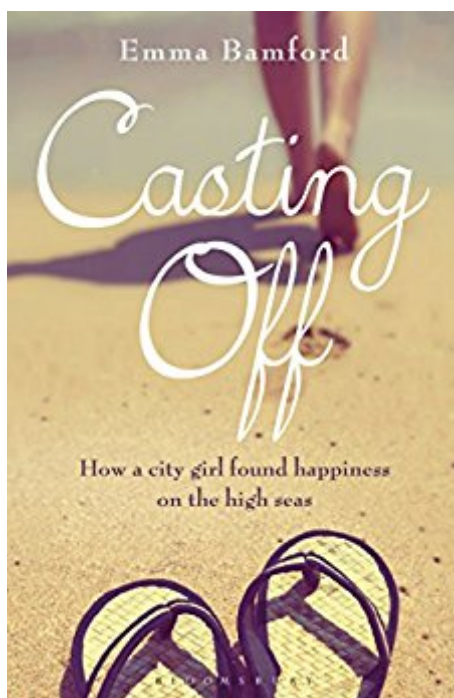


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# Casting Off: How A City Girl Found Happiness On The High Seas



## Synopsis

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.

## Book Information

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## Customer Reviews

I have nothing else to say except I lived on a sail boat for 14 yrs it was an adventure.

Well written, interesting account of a pretty adventurous trip. Kept me reading!

Highly recommended

A great read. Follows the story of a city girl on her new adventure across the world's oceans.

Inspiring.

Casting Off appealed to me as a city girl who had left the city for a different life, albeit it not on the high seas. This is a great read, as well as a good story with a hint of romance, I loved the fact that the book gives insights into life on a yacht, far flung exotic destinations and that it chimed with my own feelings as a 30-something. I liked the fact that the author avoided cliches when talking about the locations she visited, giving the reader the more interesting reality of these dream destinations not just the idealised view. Ideal holiday reading!

I want her life! This tale of how to totally re-imagine your concept of career and success is both magical and highly believable. So many people want to do it, but few have the courage, or the will. I'm a journalist and a sailor - but I never managed to make the leap and I have so much respect for Emma Bamford, combining her love of writing and the sea in this book. It made me jealous, but I couldn't put it down!

Really Inspirational! Similar to 'Eat, Pray, Love' in topic, but, in my opinion, the way that it is written makes it much more readable. Bamford is very British in her self depreciating humour and this makes her hugely likeable and helps you to live through her journey with her. Excellent read for all those interested in adventure and travel.

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