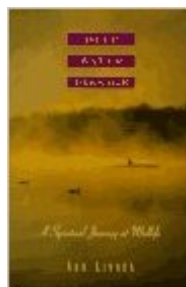


The book was found

# Deep Water Passage: A Spiritual Journey At Midlife



## Synopsis

This "engrossing adventure and . . . story of spiritual awakening and inspiration" ("Publishers Weekly") tells the true story of Ann Linnea, the first woman to circumnavigate Lake Superior by sea kayak.

## Book Information

Hardcover: 240 pages

Publisher: Little, Brown and Company; 1st edition (September 1, 1995)

Language: English

ISBN-10: 0316526835

ISBN-13: 978-0316526838

Product Dimensions: 6 x 0.7 x 9 inches

Shipping Weight: 1 pounds (View shipping rates and policies)

Average Customer Review: 4.1 out of 5 stars [See all reviews](#) (43 customer reviews)

Best Sellers Rank: #609,900 in Books (See Top 100 in Books) #28 in [Books > Sports & Outdoors > Outdoor Recreation > Kayaking > Whitewater Kayaking](#) #37 in [Books > Sports & Outdoors > Outdoor Recreation > Kayaking > Sea Kayaking](#) #178 in [Books > Self-Help > Mid-Life](#)

## Customer Reviews

Deep Water Passage is one of the most honest and compelling stories of personal journey that I've ever read. I've now read this book four times, and have given it to countless friends and family members as gifts. (I can't keep a copy in my house!) Ann Linnea's amazing courage, her passion for her children, Lake Superior, and kayaking, as well as her quest for her own spiritual awakening and life make for an incredibly heartwarming and poignant story. Great information on Lake Superior too--that most majestic of the Great Lakes! You won't be able to put this book down!

Sooner or later, we all face the prospect of losing a loved one. Often the death of a friend leads one to reflect on one's own mortality. Sometimes undertaking an arduous physical challenge helps alleviate the emotional pain following loss. Often the loss of someone dear leads to enormous changes in one's life. Ann Linnea lost a good friend to breast cancer. In a state of grief buried so deep she was not fully aware of it until she had completed a good part of her journey, she set out on an extraordinary trip kayaking around Lake Superior. She and her travel companion were subjected to incredible physical stress, and they experienced sublime beauty. By day, they paddled against the surf, in the rain and broiling sun, and through the treacherous debris of the coastline. Sometimes

they paddled at night, where she saw "dark lichen-covered boulders..illuminated by a full moon." Like Pirsig in "Zen and the Art of Motorcycle Maintenance" Linnea alternately describes her evolving mental and emotional state and the intricacies of kayaking a long distance. "I wore heavy-soled hiking boots, teal wind pants, yellow waterproof parka"... she says. And a moment later, "The only other time in my life that I could remember feeling connected like this to the ancient spirit of a place was in 1988 on my second three-month camping trip to the desert southwest with my children." By the end of her book, Linnea has successfully circumnavigated Lake Superior, found the perfect place to scatter the ashes of her dead friend, and made some life-affirming decisions about her own existence.

A luminous book, filled with adventure, discovery and emotional truths. Since I live in Michigan, I'm very familiar with Lake Superior, and the images that Linnea evokes are wonderful: she made me feel the storms, the magic, and the fury that the Lake can unleash. The emotional part of the story is a somewhat familiar one, but it is beautifully told. Any woman who has taken the track that society told her to take--at her own expense (and many, like me, who actually had a mother who told them to question it)--can relate to this story. In taking this journey Linnea found the rest of her life. We are fortunate to be able to take both journeys with her: the inward and the outward. I am filled with pride that this strong woman had the courage to take both leaps: the one that took her around the big lake, and the one that took her away from a man who had no egregious flaws, but who wasn't meeting her needs in any way except financially. Sadly, societal pressures still tell women that any "decent" man is better than being alone, and if you find one, your happiness is less important than that of your family. Of course, "decent" is open to discussion: a man who won't even adjust his university schedule to spend time with his children doesn't seem like a particularly stunning father to me. For too long a woman's happiness has been subjugated to that of her husband and children. Linnea reclaimed her joy: I'm sure her children feel and appreciate that joy. My only gentle criticism of this book is that Linnea at times waxes a little too New Age for me, but the quest for traditions that speak to women in a way that our patriarchal choices do not is a very valid one. This is a wonderful book to give as a gift: It's an adventure story, an introspective memoir, and a delightful travelogue. Give it in good health!

I read this book in one sitting and found it to ring true from my own experience. Some have criticized the author's presentation, motives, and sincerity. These criticisms only reflect the different perspectives and expectations that we all bring to our reading. For me the author's journey framed

experiences similar to my own under different circumstances. Anyone that has tested themselves in the crucible of nature or human endurance will find resonance in the words of Deep Water Passage. Similarly, those that have sought refuge from the modern in nature will understand the link between spirit sensed and humanities struggle for understanding. Those embroiled in the today should probably wait for a later time to read and appreciate. If your ready, a very good read!

I couldn't put this book down! I was there with every storm, every breathless moment of this incredible journey! I was exhausted when I finished this page-turner strictly from the adventure standpoint, but the emotional journey which parallels the physical is equally compelling and I found the author's honesty to be refreshing and comforting. This is a beautiful book to read and re-read when your own life's journey makes you wonder if you're on the right path and it makes a wonderful gift as well!

[Download to continue reading...](#)

Deep Water Passage: A Spiritual Journey at Midlife How to Survive Your Husband's Midlife Crisis: Strategies and Stories from the Midlife Wives Club The Middle Passage: From Misery to Meaning in Midlife Fruit Infused Water: 80 Vitamin Water Recipes for Weight Loss, Health and Detox Cleanse (Vitamin Water, Fruit Infused Water, Natural Herbal Remedies, Detox Diet, Liver Cleanse) The Twelve (Book Two of The Passage Trilogy): A Novel (Book Two of The Passage Trilogy) Alone in the Passage: An Explorers Guide to Sea Kayaking the Inside Passage Solar PV Water Pumping: How to Build Solar PV Powered Water Pumping Systems for Deep Wells, Ponds, Creeks, Lakes, and Streams Running With Champions: A Midlife Journey on the Iditarod Trail Water Treatment WSO: Principles and Practices of Water Supply Operations Volume 1 (Water Supply Operations Series) Water Quality & Treatment: A Handbook on Drinking Water (Water Resources and Environmental Engineering Series) The Wonders of Water - How H2O Can Transform Your Life: Vitality, Detox, Weight Loss, Quality Water, Benefits (Water Health, Vitality, Weight Loss, Fruit Infused Book 1) Solar PV Powered UV Water Treatment: How to Solar Power UV Water Sterilizing Systems for Drinking Water Onsite Fruit Infused Water: 101 Fruit Infused Water Recipes for Weight Loss, Detox and Metabolism Boosting Vitamin Water Water is Life: Different Sources of Water and Ways to Conserve Them (For Early Science Learners): Nature Book for Kids - Earth Sciences (Children's Water Books) Passage Meditation - A Complete Spiritual Practice: Train Your Mind and Find a Life That Fulfills Deep Thoughts & Vulgar Quotes: The Book for Adults filled with Dirty Quotes, Deep and Vulgar Thoughts, Profane Proverbs! (Shut the F\*ck Up and Color 7) Deep Calling Unto Deep: The Dynamics of Prayer in the Perspective of Chassidism (Mystical Dimension) No

Simple Passage: The Journey of the 'London' to New Zealand, 1842 A Border Passage: From Cairo to America--A Woman's Journey Kabloona in the Yellow Kayak: One Woman's Journey Through the North West Passage

[Dmca](#)