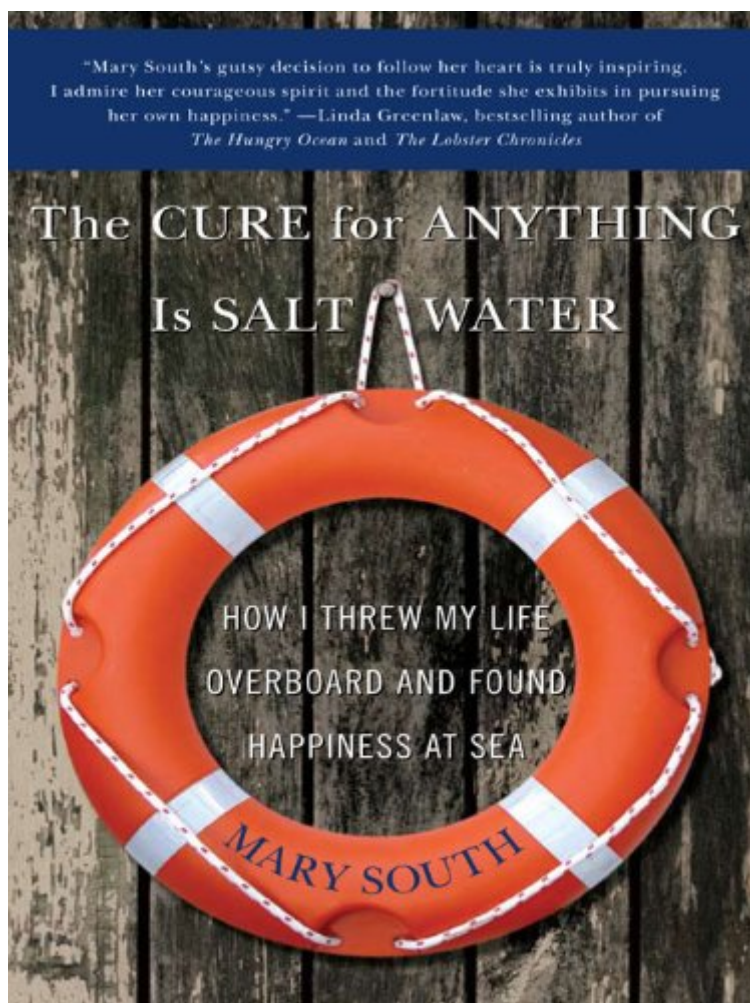


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# The Cure For Anything Is Salt Water: How I Threw My Life Overboard And Found Happiness At Sea



## Synopsis

At forty, Mary South had a beautiful home, good friends, and a successful career in book publishing. But she couldn't help feeling that she was missing something intangible but essential. So she decided to go looking for it . . . at sea. Six months later she had quit her job, sold the house, and was living aboard a forty-foot, thirty-ton steel trawler she rechristened Bossanova. Despite her total lack of experience, South set out on her maiden voyage—a fifteen-hundred-mile odyssey from Florida to Maine—with her one-man, two-dog crew. But what began as the fulfillment of an idle wish became a crash course in navigating the complicated byways of the self.

## Book Information

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## Customer Reviews

Perhaps I should have done more homework. The book I read wasn't exactly the book that I thought I had bought. The subtitle, "How I Threw My Life Overboard and Found Happiness at Sea" gives a pretty good clue, though. There are essentially two parts to this book. The first is the story of a woman who experiences a mid-life crisis at work and in relationships, and goes forth to seek true happiness. The second is the story of this same woman looking for that happiness in buying a boat and going to sea. I had thought the book was really more the latter, but the story turns out to be

more the former. THE CURE FOR ANYTHING IS SALT WATER is competently written, as one should expect from a former book editor. The book is interesting, and the story told without artifice. When Mary South tells of her sudden, almost irrational interest in boats while living well inland in Pennsylvania, her experience will strike a chord with every boatstruck reader. But South's book is not likely to meet the needs of the boat or sailing enthusiast. It's not that she doesn't take her newfound interest seriously--nobody who quits her job and sells her house to buy a boat should be regarded as simply a dilettante (even if she doesn't take traditional methods of navigation seriously)--it's just that she doesn't write about boating with much passion beyond her love for her particular boat. What should be the centerpiece of the book, her voyage up the Eastern Seaboard, is reduced to a series of good days, bad weather, mishaps, bars, and some occasional local color. When it comes to boating, her prose fails to capture the poetry of the experience.

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