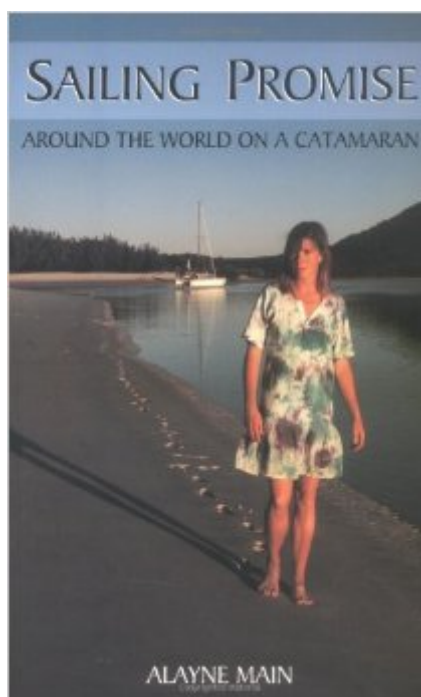


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# Sailing Promise: Around The World On A Catamaran



## Synopsis

Will You Marry Me... And Sail Around the World? Alayne Main was 28 years old with an exciting medical career and minimal sailing experience, but she lived up to her sailing promise. She and her husband quit their jobs, bought a 33-foot catamaran and blithely sailed away! The challenges were immense - storms at sea, a collision with a whale and the threat of pirates - but her greatest challenge was the emotional turmoil their adventurous and uncertain lifestyle created. Her relationship deteriorating, Alayne was forced to deal with her fear and understand what drove her to continue to sail across vast unpredictable oceans - with only her husband to turn to. After four years, they came home as circumnavigators - and still married. An honest, deeply moving and wonderfully woven tale of a young woman's journeys - into herself, her marriage and around the world. Anyone in a partnership - man or woman, sailor or not - will benefit from this book.

## Book Information

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Average Customer Review: 3.7 out of 5 stars [See all reviews](#) (26 customer reviews)

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## Customer Reviews

I am a "sailing wife", the one who has the irrational fears even though I love the challenge and excitement, the one who does not have the mechanical prowess to fix the engine or come up with an ingenious solution to failed rigging. Although my husband and I have limited our cruising thus far to Lake Ontario and the St Lawrence, we plan to frequent more exotic cruising grounds in our future. I found this book to be incredibly inspirational and comforting. I was looking for a book that would tell the story of what it is really like to cruise the world, and this book provided extra's I was not expecting. Alayne not only provided a glimpse into the unimaginable beauty of remote locales and their people, she also conveyed the growth in herself and in her relationship with her husband that I

can already relate to in smaller scale cruising. By the end of this book, Alayne and Alec Main became heroes to me. In the beginning, I relished this book selfishly. But I found that I could not contain myself from sharing Alayne's adventures with friends and family. My husband is reading it now, interested to learn more about what I am going through in our escapades. Friends who have never even sailed have asked to borrow the book, as well, proving that this is not a story that would be of interest to sailors alone. Bravo to Alayne for having the courage and strength to publish her story for anyone who dreams of cruising the world, but especially for the women who love their husbands and love sailing with them.

As we have embarked on our own sailing adventure, both my wife and I having read "A SAILING PROMISE", the accounts of Alayne and Alex aboard Madeline. We come away with an insight into cruising that we had never before discovered. The pressures and pain of relationships on land are difficult enough; throw in a circumnavigation and the plot thickens. We both found it a solid read that paralleled our own dreams of far horizons and exotic cultures. From a man's point of view I can only suggest, all skippers read this book to preserve their own sanity; when we can't quite understand why our first mates do what they do. It could only have been written by a woman. I'm glad she did. From page one on you are led along and have a hard time putting it down, with a need to know what is ahead. We loved it and put it right up there with Tania Aibe's "Maiden Voyage" another great read.

This book was a major disappointment, after reading the reviews and excerpts I waited anxiously for it to arrive (as we - my husband and I are looking into doing a similar adventure on a similar boat). I wanted to know how she as a woman handled her fears. Unfortunately she never did, in fact it is page after page of whining. Pity her husband, who had to deal with both storms and a crying, sobbing hysterical wife at the same time! This book is a waste of time, money and paper. Now the book - Voyage of the Northern Magic was wonderful, the author of this book was a real trooper, brave smart and insightful. Forget Sailing Promise if you want an uplifting, inspirational book. It left me shaking my head and reaching for aspirin.

Alayne Main writes descriptively (and reasonably well) about her personal experiences and fears while traveling around the world with new husband Alec on their catamaran Madeline. The narration, initially interesting to those that might be contemplating a similar voyage, degenerates into a litany of whines and emotional outbursts that make for somewhat tiresome reading. (Pity me on my trip of

a lifetime!) Alayne makes it clear that the dream to sail the globe is her husband's, not hers, and any strength or determination displayed in the journey is rooted not in self-confidence or a bonafide thirst for adventure or experience, but in marital obligation. It's Jacques Cousteau meets Oprah Winfrey on the high seas. Will the boat or the marriage end up on the rocks first? That the voyage is completed successfully -- despite Alayne's plethora of fears, emotional neediness, and lack of mechanical skills -- is a testament to Alec's patience and genuine care for his wife. (One wonders if Alec will publish a companion book of how to still enjoy oneself while cruising shackled to an irrational killjoy.) Overall, the thrill-seeking, wannabe-sailor reader will certainly reconsider any romantic notions of sailing off into the sunset with their spouse or partner, and perhaps contemplate a solo voyage instead.

I thought that the author did a good job of putting us all in the cockpit as they sail the world. However, while this book may receive 5 stars from husband/wife teams who love to hear endless stories about the ups and downs that sailing can have on a relationship and on a person's mental health, for me it was more of a soap opera than a sailing book. While the mental aspects of both crew and captain should be heavily discussed in such a book, this one lacked any thread of detail about (1. the different cultures visited, 2. SAILING THE WORLD IN A CATAMARAN) My main objective was to hear about the plausibility of sailing the world in a Cat.. To be honest, I would have tossed the author overboard within the first 2 months of the trip.

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