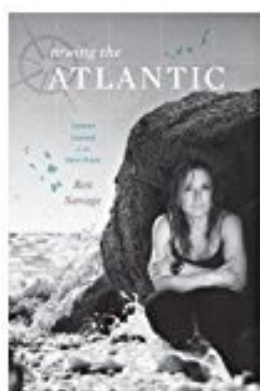


# [PDF] Rowing The Atlantic: Lessons Learned On The Open Ocean

**Roz Savage - pdf download free book**

---



**Books Details:**

Title: Rowing the Atlantic: Lessons  
Author: Roz Savage  
Released: 2009-10-06  
Language:  
Pages: 256  
ISBN: 1416583289  
ISBN13: 978-1416583288  
ASIN: 1416583289

**[CLICK HERE FOR DOWNLOAD](#)**

---

pdf, mobi, epub, azw, kindle

**Description:**

**From Publishers Weekly** Savage, a famous ocean rower and motivational speaker, was a thirty-something non-athlete when she took up the sport, having just chucked her job and left her marriage. The only solo female entrant in the grueling 2005 Atlantic Rowing Race, Savage chronicles her initial voyage with a memoir of peril and perseverance. Savage's lack of seamanship was her first major obstacle; almost immediately she developed "an ominous grinding pain in my

shoulders that I knew... indicated the onset of tendonitis," and discovered that "rowing on the River Thames and rowing on the ocean were... as different as climbing the stairs and climbing Mt. Everest." Despite numerous challenges, Savage adapts and rises to the occasion, learning to handle the equipment ("less than a sixth of the way across I was already halfway through my supply of oars"), stay alert ("while I sleep my ears are pricked for any unfamiliar sound") and appreciate the open water: "I loved the solitude, the wildness, the beauty. But the ocean and I would have got along better if she would stop trying to get in the boat with me." Happily, this travelogue-with-lessons is minimally prescriptive, making it a great armchair adventure.

Copyright © Reed Business Information, a division of Reed Elsevier Inc. All rights reserved.

**Review** "The Vikings didn't even row an ocean solo, but Roz Savage did all three thousand miles in just over one hundred days. *Rowing the Atlantic* is a grand adventure -- mind boggling, inspiring, and a book that I just couldn't put down. A fantastic read!" -- **Lynne Cox, author of *Grayson and Swimming to Antarctica***

"Bold and invigorating....The author's courageous success story is a testament to self-sufficiency." -- **Kirkus Reviews** --This text refers to an out of print or unavailable edition of this title.

---

- Title: Rowing the Atlantic: Lessons Learned on the Open Ocean
  - Author: Roz Savage
  - Released: 2009-10-06
  - Language:
  - Pages: 256
  - ISBN: 1416583289
  - ISBN13: 978-1416583288
  - ASIN: 1416583289
-