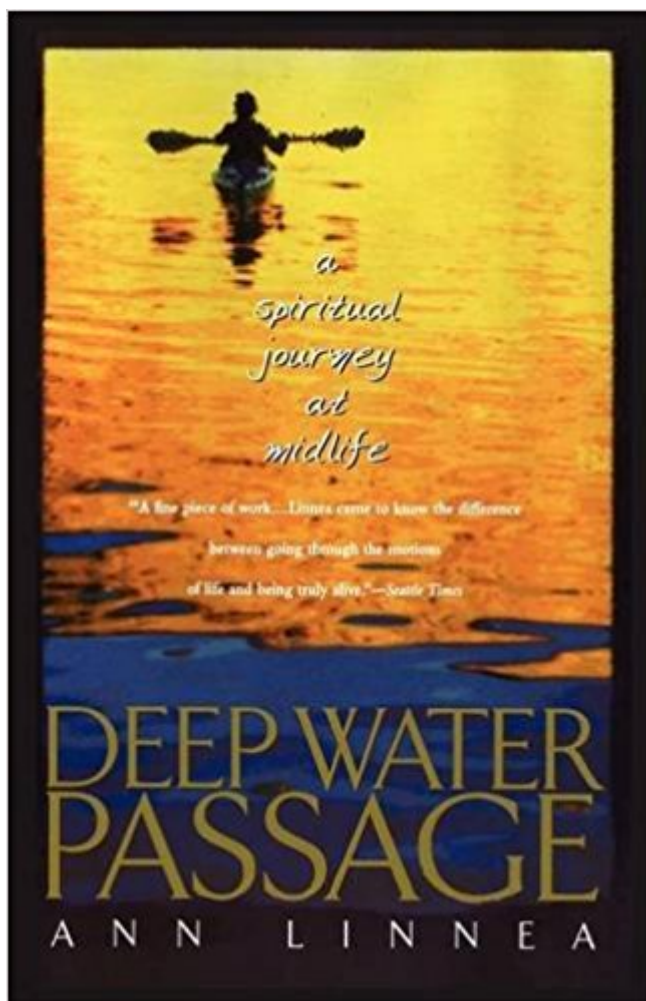


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# Deep Water Passage: A Spiritual Journey At Midlife



## Synopsis

Chronicles the author's midlife spiritual journey, during which she spent sixty-five days kayaking around Lake Superior--the first woman to perform such a feat--while facing dangerous elements and reassessing her life. Reprint.

## Book Information

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## Customer Reviews

The day after her forty-third birthday, Ann Linnea - wife, mother, naturalist, athlete - slipped into her slim, seventeen-foot kayak, pushed off into the raging surf of Lake Superior, and went in search of the rest of her life. The story of Ann's sixty-five-day journey around the planet's largest lake is one of extraordinary physical courage and challenge and even more extraordinary spiritual trial and transformation. Deeply affected by the death of a dear friend and feeling an urgent need to claim her spirituality, she set out on the treacherous waters of Lake Superior on a quest to immerse herself so deeply in wilderness that she could understand what changes she needed to make in the urban life she had created. The summer of 1992 was to prove the harshest in a century. Braving bitter cold, roaring winds, and high seas, Ann paddled alone and in the company of her colleague, Paul, to become the first woman to circumnavigate the great lake. During this arduous 1,200-mile voyage, Ann would face gnawing self-doubt and mortal danger as well as triumphant exhilaration and awe at confronting the natural world. --This text refers to the Hardcover edition.

Ecofeminist Linnea (Teaching Kids To Love the Earth, Pfeifer-Hamilton, 1991) recounts her

1200-mile, 65-day kayak paddle around Lake Superior. More significant than the numbers and the athletic challenge, though, is her spiritual journey of personal growth. Linnea writes, "All my life, I have sought wild places for adventure, for my livelihood, and for good counsel," and this trip indeed supplied all three. At age 43, she felt at a turning point and undertook this challenge in order to prepare for life's second half. Through high fogs, huge obscuring waves, disorienting fog, bitter cold, and 12-hour paddling days, she emerges at a place where body and mind are united. As well, the physical courage she summons eventually transforms into an emotional courage to take risks. Recommended for public library collections in women's spirituality or the increasingly popular sport of kayaking. Kathy Ruffle, Coll. of New Caledonia Lib., Prince George, B.C. Copyright 1995 Reed Business Information, Inc. --This text refers to the Hardcover edition.

I read this book in one long evening, so it must have captured my attention. It is not a how-to book for people interested in planning a long-distance kayaking trip, although there are relevant bits of information scattered through the text. Nor is it a travelogue, although there are a few commentaries about places and people along the way. Rather, this is a personal story of how the author learned what she wanted from life through a long, physically taxing, and hazardous kayak adventure. Those who have not undertaken such a trip may wonder why she persevered after recognizing the risks to self, family, and relationships. However, she did, and the experiences changed her life.

Depending on your place in life, this book could be merely an interesting read or life changing. It sure helps keep in perspective what a bad day can mean....

I have read a ton of true adventure journey accounts. This one is just OK, because it is steeped in new age spirituality that I had to glance through or skip over to get through the book. Obviously a sincere, heart-felt tale, but not my kind of prose or my idea of great adventure writing. I can't recommend the book.

A well written account of an amazing journey, both outward and inward. I found the book riveting and sent a copy to a friend. She said she could not put the book down.

When I first started to read this book, I wondered how this woman, married with two children who depended on her, could leave for a summer on a kayak on a dangerous body of water (Lake Superior) to find her "spiritual self" which would endanger her life. The novel unfolded and revealed

why she needed to do this. j

Women, do you want an inspiring story about a woman's courage? This story is for you. At a very difficult time in her life, the woman in this story sets out on a journey. It opens her mind and her heart and allows her to grow in mounds. If you like nature, if you are a self aware woman, this book will encourage you to also conquer your own challenges in life.CJ

I read this book years ago and purchased it recently because I needed some inspiration. This true story shows Ann's strength and resilience of spirit. She had some really dark times during her experience, but she triumphs.

HARD TO PUT DOWN. A true story by an author I have met. I honor her endurance and strength during this journey.

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