

An incredibly moving and inspirational book. In 2006, Dee Caffari became the first woman to sail solo round the world against the prevailing winds and currents. Her story is an adventure in the true sense of the word. It is about physical hardship in terrible conditions, overcoming sleep deprivation, 34 days of gales, 12 metre waves and cyclones. It is also about a woman who stepped outside her safe zone and dared to dream. Her courage resulted in a place in the history books alongside a handful of men, having achieved something truly extraordinary. More people have walked on the moon than have successfully completed a westabout circumnavigation, and in this inspirational book Dee shares the story of her journey from beginner to record breaker. A new chapter for this paperback edition recounts Dee's experiences since her Record and her preparations for the Vendée Globe Race. We can do more than we think we can. We just have to dare to dream. Dee Caffari has inspired the imagination of a worldwide audience. She has joined only four men who have achieved this feat. Other women may follow, but she will always remain the first. Sir Chay Blyth

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