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Go Anyway: Sailing Around the World with Parkinson's

Lyn Foley

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Go Anyway: Sailing Around the World with Parkinson's Lyn Foley
Two California hippie artists watched enviously as elegant yachts cruised the waters of San Francisco Bay. A dream was born – they'd work just long enough to earn money to run away to sea. Eighteen years later, Lyn and Jim Foley sold everything — down to the last teacup — and moved aboard 40-foot Sanctuary. Then, just before they ventured under the Golden Gate Bridge to follow their dream 43-year-old Jim was diagnosed with Parkinson's disease. They decided to go anyway. Go Anyway tracks Jim and Lyn's ten-year adventure, logging more than 35,000 sea miles and 39 countries — from getting their sea legs, to the storms that tested their skills and perseverance, from languorous days savored in romantic tropical anchorages, to the hustle of foreign cities. And all the while, they battled the fierce foe that was Jim's illness, learning life lessons that can be appreciated by sailors and non-sailors alike. Go Anyway is a story of true grit, of warmth and laughter, and ultimately, of triumph over adversity.

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