



# Call of the Ancient Mariner : Reese Palley's Guide to a Long Sailing Life

*Reese Palley*

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**Call of the Ancient Mariner : Reese Palley's Guide to a Long Sailing Life** Reese Palley

**An inspiring, irreverent, and spirited manifesto for senior sailors and would-be sailors**

Nearly one million recreational sailors are now over 60, and their numbers will soon swell with baby boomers. Yet, no sailing literature has addressed the needs, concerns, and dreams of senior sailors--until now!

In *Call of the Ancient Mariner*, 82-year-old Reese Palley proclaims that sailing is the natural sport for the old, the best way to lengthen and improve your life, and the perfect antidote to a society that conspires to narrow senior horizons.

Having circled the globe on a small boat in his 60s and 70s, Palley assures older sailors that with the right preparation and gear, they can and should keep sailing long into their golden years. In his eloquent, engaging, and witty style, he:

- Helps older sailors prepare for long voyages
- Gives practical advice on making boats safer and easier to operate
- Shows why, far from endangering health, sailing improves health, and profiles a delightful variety of septua- and octogenerian sailors to underline the point

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