



Cruising for Seniors (Paperback)

By Paul Keller

ROWMAN LITTLEFIELD, United States, 2000. Paperback. Condition: New. Language: English . Brand New Book. Old sailors seldom die: they are too busy sailing. Paul Keller sets out to explain why and how he and his wife Emily started a sailing circumnavigation while in their sixties. Most of today's seniors are both healthier and more prosperous than ever and therefore ready to carry out their dream of sailing. This practical book explains in detail how to choose a boat and equip it, giving attention to general considerations about safety and the specific problems of older people. Piloting, seamanship and navigation are considered. The author has called on experts for three aspects of cruising. John Strong owns a marine electrical service in Portland Oregon; his firm overhauled the author's boat and he offered to do the chapter on electrics because the industry has advanced so fast and set standards that are quite tough. Dr. Mark Anderson wrote a chapter on medicine for geriatric cruising. It is a brilliant and concise overview of the medical problems that seniors might encounter.

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