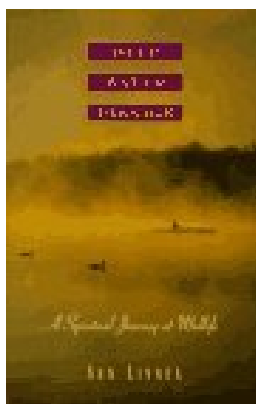


# [PDF] Deep Water Passage: A Spiritual Journey At Midlife

Ann Linnea - pdf download free book

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#### Books Details:

Title: Deep Water Passage: A Spiritu  
Author: Ann Linnea  
Released: 1995-09-01  
Language:  
Pages: 240  
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#### Description:

**From Publishers Weekly** The author's grueling, 65-day journey around Lake Superior was emphatically not adventure but a spiritual quest, a search for meaning in her life. For her first 43 years, Linnea had adjusted to her surroundings and accommodated others. With a husband, two children and a comfortable middle-class existence in Duluth, she felt unfulfilled spiritually. So in mid-June 1992, she set out with a friend in seagoing kayaks to paddle the 1200-mile perimeter of Lake Superior. The weather was unseasonably cold and stormy, and the journey proved to be a

severe physical challenge. Linnea became discouraged and dangerously exhausted, yet her perseverance enabled her to make a break with the past. This account is both an engrossing adventure and a story of spiritual awakening and inspiration. Linnea is coauthor of *Teaching Kids to Love the Earth*. Author tour.

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**From Library Journal** 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.

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