

SAIL AWAY – Nicola Rodriguez, 2nd edition. Published in soft covers by Fernhurst Books [www.fernhurstbooks.com] at £18.99. 248 240mm x 170mm pages in full colour throughout. ISBN 978-1-9121-7723-3

The second edition of Nicola Rodriguez' *Sail Away* has just been published, and as the reviewer of the original in 2011 (see *Flying Fish* 2012/1) I was interested to see how the two books differed and what was new. Back then I wrote:

'Leaving in 2002, Nicola and John Rodriguez cruised for two years in a *Westerly Corsair*, which was seriously damaged in hurricane Ivan while they were at home for the birth of their first son, Jack. Undeterred, they set off again in 2007 in a *Moody 38* and a year later their second son James joined the crew.

The first thing you notice about Nicola's book is the gorgeous colour photographs, many of them taken by her husband John. These alone would be enough to tempt one to follow the book's title and *Sail Away – (how to) Escape the rat race and live the Dream*. But dip into the nearly 300 pages you'll find just about everything covered, along with encouraging anecdotes from many experienced cruising sailors, including several OCC members. The author doesn't go into any topic at great length – you'd need a full library to do that – but she suggests further reading and points you in the right direction. Extensive lists, from galley stores to safety equipment and much in between, will give the aspiring cruiser lots of ideas...

This book would be particularly helpful and informative for any couple considering setting off with small children. Nicola and John were joined by two sons in relatively quick succession, in the latter part of the time they were cruising, and the author conveys very vividly the joys of having kids aboard, along with the hard work and stress – a two year old needs constant supervision unless he's asleep in a secure bunk! Having cruised for three years with a daughter under five, I'd echo all that Nicola says – your child will benefit hugely from having such close contact and attention from both parents, and a tropical beach beats any sand pit. However, it's probably wise for the parents to be fairly experienced sailors before trying to cope with a child, or children, on board.'

I would fully endorse Nicola's comment that the most precious part of a cruising child's education will be his or her log. She's referring to older kids, but making a scrapbook is hugely worthwhile for any age group and, 25 years on, we still enjoy revisiting the log made for the benefit of our youngest crew member, with its photos, messy paintings, little souvenirs, and the story of our three years living aboard, especially as she has only a hazy memory of it today. Comparing the two books, the page count is more or less the same in both editions, although the new one is a taller paperback with print that is slightly larger, and the new, coloured page headings for the different topics makes it quicker to find what you're looking for. There are more recipes in this edition, all in a much easier to read format, with larger print plus a photo of each dish. Other than that, it is word-for-word the same as its predecessor. Anyone who bought the first edition won't benefit much by replacing it with this one, but for those new to cruising, looking for a wide range of up-to-date information and good advice to help them prepare for a first voyage, *Sail Away* is a great choice.

EHHM

