

# Young Woman Battles Anxiety to Sail the Atlantic Circuit: Making Waves



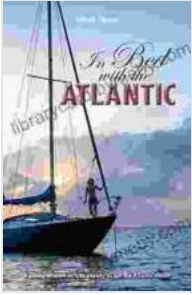
When most people think of sailing, they picture a relaxing day on the water, with gentle breezes and calm seas. But for 24-year-old Sarah\*, sailing is anything but relaxing. Sarah has anxiety, and for her, sailing is a way to face her fears and prove to herself that she can do anything she sets her mind to.

## **In Bed with the Atlantic: A young woman battle anxiety to sail the Atlantic Circuit (Making Waves Book 6)**

by Kitiara Pascoe

★★★★☆ 4.5 out of 5

Language : English



File size	: 7181 KB
Text-to-Speech	: Enabled
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 268 pages
Screen Reader	: Supported



Sarah's anxiety began when she was a child. She was always a shy and introverted child, and she often felt like she didn't fit in. As she got older, her anxiety worsened, and she began to experience panic attacks. Sarah's anxiety made it difficult for her to do everyday things, like going to school or even leaving the house. She felt like she was constantly on edge, and she was afraid of everything.

In 2016, Sarah's anxiety reached a breaking point. She had just graduated from college, and she was supposed to start a new job. But her anxiety was so bad that she couldn't even bring herself to go to the interview. Sarah was devastated. She felt like her life was over.

But then, Sarah heard about a sailing program for people with disabilities. The program was designed to help people with physical and mental disabilities learn to sail. Sarah was intrigued. She had always loved the water, and she thought that sailing might be a way for her to face her fears and get her life back on track.

Sarah decided to give the sailing program a try. At first, she was terrified. But with the help of her instructors, she slowly began to relax and enjoy herself. She learned how to sail a boat, and she even started to race.

Sailing gave Sarah a sense of freedom and accomplishment that she had never felt before.

In 2018, Sarah decided to take on her biggest challenge yet: sailing the Atlantic Circuit. The Atlantic Circuit is a series of races that takes sailors around the world. It is one of the most difficult sailing challenges in the world, and Sarah knew that it would be a major test of her abilities.

Sarah trained for months for the Atlantic Circuit. She sailed in all kinds of weather conditions, and she worked hard to improve her sailing skills. She also worked with a therapist to help her manage her anxiety.

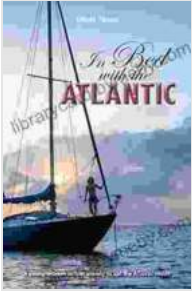
In September 2018, Sarah set off on her Atlantic Circuit adventure. She sailed from the Canary Islands to the Caribbean, and then back to Europe. The journey was long and challenging, but Sarah never gave up. She faced her fears head-on, and she proved to herself that she could do anything she set her mind to.

Sarah's story is an inspiration to anyone who has ever struggled with anxiety. It shows that anything is possible if you are willing to face your fears and never give up on your dreams.

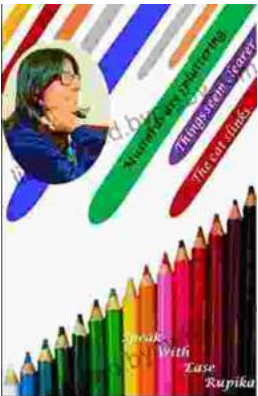
Sarah is now a successful sailor and motivational speaker. She travels the world, sharing her story and inspiring others to overcome their own challenges. She is a role model for people with anxiety, and she shows that anything is possible if you are willing to fight for it.

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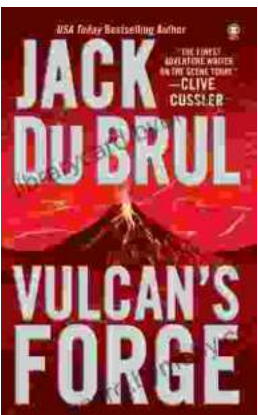


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