

Rowing Into The Sun: A Soulful Journey to Discover Yourself

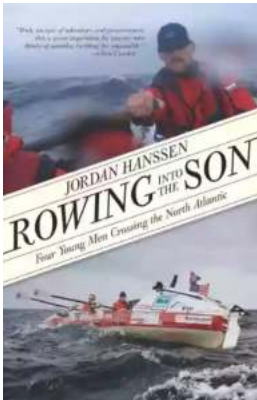


Have you ever experienced the tranquil beauty of rowing into the Sun? Picture yourself gliding slowly through calm waters, surrounded by the peaceful embrace of nature, while the first rays of the morning sun gently kiss your face. It's a heavenly experience that can not only rejuvenate your body but also nourish your soul.

Discovering the Art of Rowing

Rowing is not just a physical activity; it's an art that allows you to connect deeply with yourself and the world around you. The rhythmic motion of the oars

propelling through the water creates a meditative state, calming the mind and soothing the soul. Whether you row solo or with a partner, this activity transcends the mere act of moving a boat. It becomes a transformative journey of self-discovery.



Rowing into the Son: Four Young Men Crossing the North Atlantic by Jordan Hanssen(Kindle Edition)

★★★★☆ 4.7 out of 5

Language	: English
File size	: 3437 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 251 pages
Lending	: Enabled



As you row into the Son, you become part of a harmonious symphony with nature. The gentle splashing of the water, the chirping of birds, and the whisper of the wind create a serene ambiance, captivating your senses and filling your heart with pure joy. Each stroke becomes a rhythmic dance, syncing your body, mind, and soul in perfect unison.

The Power of Nature's Embrace

One of the most enchanting aspects of rowing into the Son is the power of nature's embrace. As you glide through the water, you witness the ever-changing beauty of the sky, with hues of orange, pink, and gold dancing on the horizon. The sun, a symbol of life and energy, fills you with warmth and positivity.

The natural surroundings nourish your spirit as you row, awakening a deep sense of appreciation and gratitude for the wonders of the world. You become acutely aware of the interconnectedness of all living beings, finding solace in the knowledge that you are not alone in your journey. In these precious moments, you understand that you are an integral part of the vast tapestry of existence.

Rowing Into Self-Discovery

Rowing into the Son allows you to embark on a personal journey of self-discovery. It becomes a sanctuary for introspection and reflection, where you can delve into the depths of your being and uncover hidden truths about yourself. The rhythmic motion of rowing acts as a catalyst, freeing your mind from the clutter of everyday life and allowing your true self to emerge.

In this serene environment, free from distractions, you experience a sense of clarity and focus like never before. The peacefulness of rowing helps your mind break free from the shackles of stress and worry, opening up new pathways for creativity and inspiration to flow. You may find yourself gaining fresh perspectives, solving complex problems effortlessly, and igniting the flames of your inner passions.

Benefits Beyond the Solemn

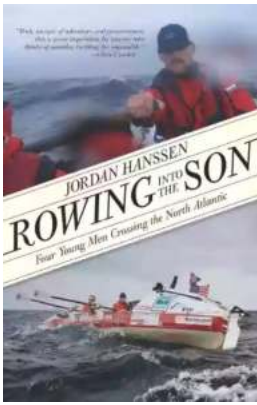
Rowing into the Son offers numerous benefits that extend beyond the spiritual realm. This activity engages your entire body, providing an excellent cardiovascular workout that strengthens your muscles and improves your endurance. It promotes mental resilience, allowing you to overcome challenges and push your boundaries. Rowing can also facilitate weight loss, improve posture, and enhance overall physical fitness.

Additionally, rowing is a non-impact sport that puts minimal stress on the joints, making it suitable for people of all ages and fitness levels. Whether you are a seasoned athlete or a beginner, rowing into the Sun can offer a low-impact yet highly rewarding exercise experience.

Rowing Into the Sun: A Transformational Journey

In a world filled with chaos and noise, rowing into the Sun provides an oasis of tranquility and self-discovery. It offers a unique opportunity to reconnect with yourself and nature, revitalizing your body, mind, and soul. So, embark on this soulful journey, embrace the gentle rhythms of rowing, and let the sun guide you towards inner peace and profound transformation.





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“Truly an epic of adventure and perseverance, this is great inspiration for anyone who thinks of someday tackling the impossible.” -- New York Times best-selling author Clive Cussler

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* Traces the struggle of the only American team competing in the first ocean rowing race from New York to England

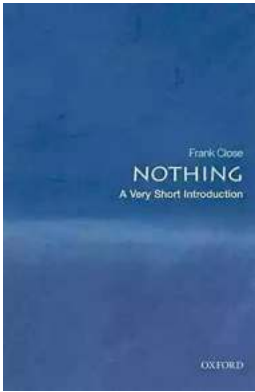
* The four young rowers spent 72 days pulling across the ocean

* Author leaves for another cross-Atlantic adventure in December 2012

On June 10, 2006, college friends Dylan LeValley, Greg Spooner, Brad Vickers, and Jordan Hanssen stepped into a 29-foot rowboat as the only American competitors in the first North Atlantic Rowing Race, pulling across the northern ocean.

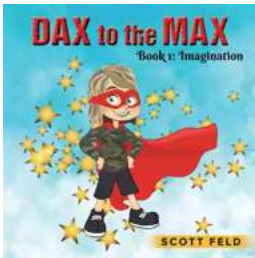
From the first dreams of race planning to heaving through ocean waves, *Rowing Into the Sun: Four Young Men Crossing the North Atlantic* takes the reader along with team Outdoor Adventure Racing (OAR) Northwest as they head out from New York Harbor, catch the Gulf Stream current, and make the final dramatic push for the finish line, a narrow 50-mile wide “gate” at Bishop’s Rock Lighthouse off the coast of Cornwall. Hurricane-level winds, giant eddies, passing freighters, flying fish, and sharks are all elements of the journey, and the race comes to a tense head on day 17 -- with another 55 days to go -- as the crew realizes their food supplies are running out and they must drastically restrict their eating.

This is lead rower Jordan Hanssen’s intimate account of team OAR Northwest’s journey, set against the backdrop of Hanssen’s reflections on the teachings of both his stepfather and his biological father, who passed away many years previously. How Hanssen and his teammates cope within the confines of their tiny ocean rowing boat and their determination to push their limits will keep readers enthralled in this remarkable true tale of coming-of-age and adventure.



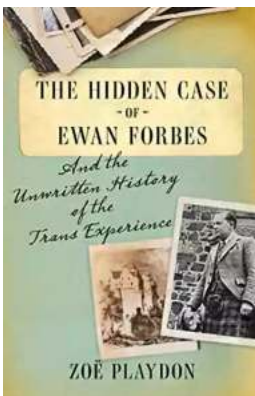
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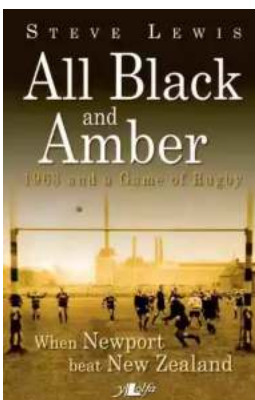
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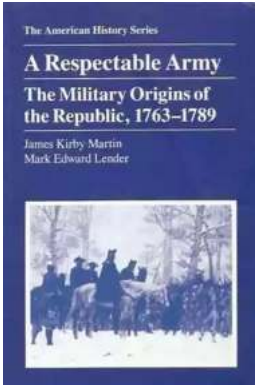
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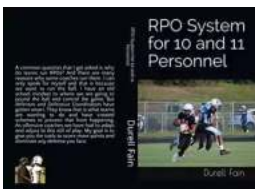
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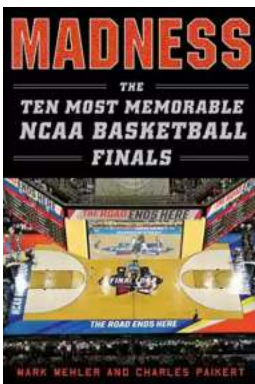
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