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EMPOWERMENT



**11:11 Talk Radio**  
**Tuesday at 8 AM Pacific**  
**September 24th 2018: Encore: Heather Lyn**  
**Mann: Ocean of Insight**

Heather Lyn Mann was a battle-weary environmental advocate in Madison, Wisconsin, struggling over what to do about climate change when she and her husband decided to explore the Atlantic on a small sloop. This memoir of six years living afloat is a chronological unfolding of disasters and discoveries—life-threatening storms, the boredom of isolation, societies on the brink of extinction, sinking ships, colorful Caribbean characters, near collisions, a pirate scare, and more. Throughout, the ocean becomes Mann's teacher, transforming her with uncompromising lessons on how to harmonize with natu

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#### Featured Guest



##### Heather Lyn Mann

Spiritual ecologist Heather Lyn Mann is a practitioner of Buddhism, sailing, and mindful advocacy.

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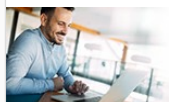
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