



## Sailing Through Spilt Milk

*CPT Robert F. Campbell*

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## **Sailing Through Spilt Milk** CPT Robert F. Campbell

This book is a result of my quest for and acquisition of happiness, adventure as well as excitement. I was always aware that this type of life required a little effort. I never had a dislike for work. In this book I will describe the purchase of a 43 foot Gulfstar sail boat and our sail from Boston to the Caribbean where we embark on a ten year long chartering business. One of the best adventures I ever experienced. This is the same reply you would get from hundreds of others that have done the same thing. Not one regrets one moment. At the end of ten years, in order to keep the adventure and excitement fresh we signed on as captains on a 72 foot motor yacht migrating up and down the East coast for a delightful family from Long Island. At the five year mark of running this Yacht I was diagnosed with an incurable Lymphoma. We resigned our commission to stay in close proximity to medical treatment. My same philosophy saved me. There was an adjustment period but I overcame this with humor and laughter. I believe strongly in "Laugh and the world laughs with you. Cry and you cry alone." This book is sprinkled heavily with humor describing our water to earth adventures. We even made the big "C" funny. Judith, my wife and love of my life experienced it all and her support was awesome. I really believe that humor is a healer. I am at a point right now where I suffer major exhaustion. Always being an active person, all day TV started to bother me. Judith suggested the book. I tried not to exaggerate these stories too much.

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