

# CHANGE OF COURSE

Sailing into **Love** & Adversity  
on Caribbean Shores

BY REGINA PETRA MEYER

Memoir | Travel | Sailing | Inspiration



*'CHANGE OF COURSE is an uplifting and courageous account of Regina's journey to find purpose in her life. Her honesty and integrity shine through as she literally sets sail for new horizons and takes us along for both an inspiring and emotional ride.'* HELENE YOUNG, AUTHOR

Born and raised in Switzerland, Regina had always felt an itch for a life that expanded beyond the limiting horizons of the surrounding Alps.

In her mid 30s and settled in Australia, she was restless and questioning the lifespan of her long-term relationship, unable to quash the insatiable wanderlust within.

*'A haunting emptiness was threatening to swallow me; there was a pain that I couldn't yet identify. Something wasn't right, but though I tried, I was failing to understand what it was, or the meaning of my life. Who was I and what was my purpose?'*

With her passion for sailing ignited by her father when she was just ten years old, the pull of the deep blue sea had never drifted far from her mind. With the promise of freedom, simplicity and most of all, adventure – a curious and courageous Regina booked herself a one-way ticket to the Caribbean and joined the crew of a small, vintage racing yacht.

*'I loved feeling the wind push our boat relentlessly through the bumpy seas. It was breathtaking to witness the waves splashing over the bow, washing all the way back to the cockpit, smashing into our faces and drenching us entirely. I had never felt quite as alive.'*

While her first experience onboard the yacht *Zephyr* didn't quite see her sailing the high seas as planned, she did encounter another force of nature during a sultry sunset dance on an Antiguan clifftop.

*'The moves were breathtakingly seductive as men and women were winding up against each other, bodies glistening from the heat. I absolutely adored how free and uninhibited Antiguan people danced.'*

Embracing the winds of change, she began to carve out a new life, an existence that was as wild and untamed as the seas on which she sailed, and one that unearthed buried emotions and bore valuable lessons.

Gutsy, brave and uncompromising, this is the story of one woman's passion for living life to the full. It's about chasing dreams, finding, and losing, love ... and the search for meaning, all while staying true to yourself.

*'I have always been a spontaneous and gut driven person, but never before did I venture quite as far out of my comfort zone.'*

**An engaging, raw and often humorous true story, *CHANGE OF COURSE* will delight armchair travellers and inspire you to follow your own dreams.**

REGINA IS AVAILABLE FOR INTERVIEW.

For more information or to get in touch with Regina, please email:  
[connect@reginapetrameyer.com](mailto:connect@reginapetrameyer.com)

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## ABOUT THE AUTHOR

Regina was born and raised in Switzerland. While working as a travel agent, her curiosity was piqued by coordinating trips around the world. Eventually she packed her own bags and adopted a globetrotting lifestyle. Regina has adventured across all continents – she has lived and worked in Antigua in the Caribbean, the USA, New Zealand, and currently calls tropical Cairns, Australia, her home. Regina has no children, remains unmarried, and cherishes the freedom her life offers. Alongside her passion for worldly explorations, she is equally curious about her inner journey and evolution. When she's not writing, she loves empowering individuals to embrace courage and follow their dreams. *Change of Course* is her first book.

[www.reginapetrameyer.com](http://www.reginapetrameyer.com)

## TALKING POINTS

### Sailing

Learning to sail gave Regina a new skill and confidence and allowed her to explore the world via the oceans. Crewing on a sailing yacht is an opportunity to travel the globe on a shoestring or even turn yachting into a professional career. Regina elaborates on her experience as a sea gypsy and navigating the challenges and (and occasional perks) of a male dominated industry.

### Travel and living abroad

Originally from Switzerland, Regina has lived and worked in New Zealand, Antigua (Caribbean), the USA and now calls Australia home. Regina has learned to immerse herself in new cultures and countries. Her travel and expat experiences have made Regina resilient, resourceful and trust in her own strength.

### Life in the Caribbean

Immersed in a tiny community in Antigua and without the convenience of running water or electricity, Regina adapted to a simpler life. As the only white resident in the local village, Regina, for the first time, found herself in the minority and was confronted with questions surrounding race and her own privilege.

### Philosophical

Childless, by choice, Regina was questioning her life purpose early on. What was her right to existence if it wasn't to procreate? Who was she, what were her dreams and what precisely did she aspire to? Was travel the source of all happiness or was it an escape from delving toward deeper meaning? These questions prompted her to inquire within, seek out answers and grow.

### REGINA IS AVAILABLE FOR INTERVIEW.

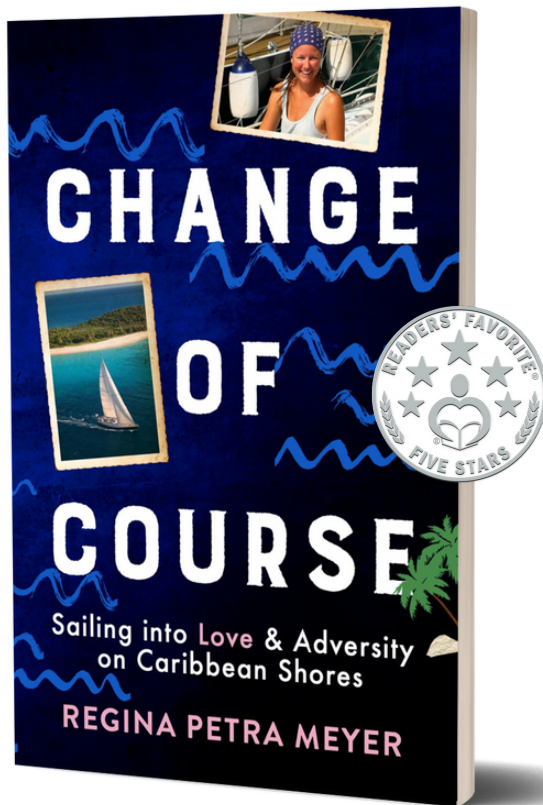
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## TITLE INFORMATION SHEET

**CHANGE OF COURSE**

Sailing into Love &amp; Adversity on Caribbean Shores

Release Date:  
22 June 2022**ABOUT THE BOOK:**

In her mid 30s and trying to make sense of her floundering relationship, Regina is restless. She throws caution aside, books herself a one-way ticket to the Caribbean, and joins the crew of a small, vintage racing yacht to satisfy her growing desire for adventure.

Once aboard the old yacht in Antigua, Regina and her fellow crew members work tirelessly under the watchful eye of its cantankerous owner, as they prepare for the passage back to Australia.

During a sultry sunset party on a clifftop, Regina encounters an alluring man. When her sailing trip is abruptly cancelled, Regina sets course for Europe aboard another boat, leaving the budding romance in her wake.

Released from former ties and without a home, Regina returns to the Caribbean. She moves into a rustic shack and as the only white resident in the tiny community, she must forge a new path.

A new life beckons, but is it worth abandoning the security and comforts of home to follow her dreams?

**KEY DETAILS:**

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**SALES POINTS:**

- An engaging, candid and often humorous true story
- CHANGE OF COURSE will delight explorers & armchair travellers
- Regina's adventures on the high seas will inspire you to follow your own dreams.

**ABOUT THE AUTHOR:**

REGINA PETRA MEYER was born and raised in Switzerland. While working as a travel agent, her curiosity was piqued by coordinating trips around the world. Eventually she packed her own bags and adopted a globetrotting lifestyle. Regina has adventured across all continents – she has lived and worked in Antigua in the Caribbean, the USA, New Zealand, and currently calls tropical Cairns, Australia, her home. CHANGE OF COURSE is her first book.

**CONNECT WITH REGINA:**

reginapetrameyer



reginapetrameyer



reginapetrameyer.com

**EDITORIAL REVIEW:**

'CHANGE OF COURSE is an uplifting and courageous account of Regina's journey to find purpose in her life.

Her honesty and integrity shine through as she literally sets sail for new horizons and takes us along for both an inspiring and emotional ride.'

HELENE YOUNG, AUTHOR

**AUTHOR TALKS AND INTERVIEWS AVAILABLE**