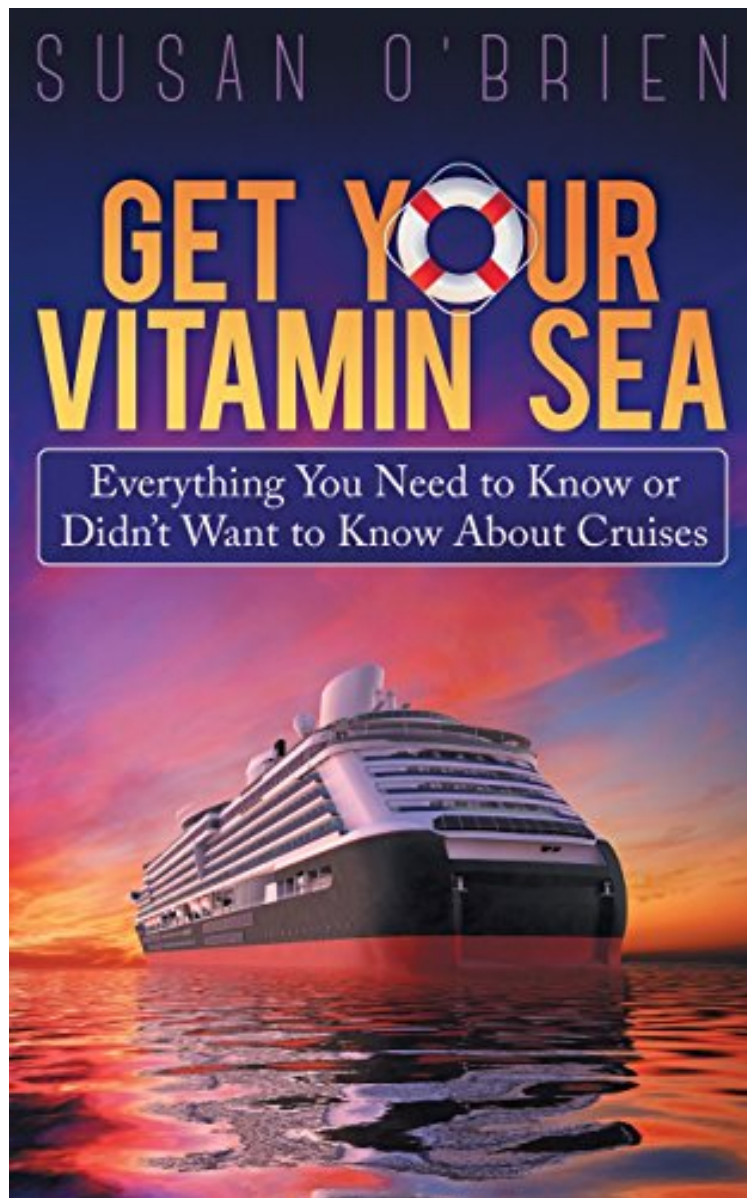


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## Get Your Vitamin Sea: Everything You Need to Know or Didn't Want to Know About Cruises

*Susan O'Brien*

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**Susan O'Brien : Get Your Vitamin Sea: Everything You Need to Know or Didn't Want to Know About Cruises** before purchasing it in order to gage whether or not it would be worth my time, and all praised Get Your Vitamin Sea: Everything You Need to Know or Didn't Want to Know About Cruises:

1 of 2 people found the following review helpful. Five StarsBy sueGreat book....

This is a helpful and hopefully amusing book that will help the first-time cruiser as well as the seasoned traveler. It also includes some of the experiences and favorite stories that were collected over 15 years and 50 cruises. The author had the advantage of not only sailing for pleasure, but also working on board as a dance entertainer and instructor. From embarking to disembarking, and everything in between, the book is a helpful resource which can be used before, during and after your cruise. About the Author Susan O'Brien and her husband are professional dancers who have worked on board several cruise lines and cruised for pleasure on 50 cruises. They have sailed on the world cruise twice. Originally from Chicago, the couple now resides in Fort Worth, Texas. They still entertain and teach ballroom classes. This is Susan's second book. She also raised and raced huskies in the north woods of Wisconsin, taught high school, worked as a freelance writer, danced with a theatrical company, competed as a figure skater, plays piano and guitar, and most recently performs in the senior follies in Dallas and Oklahoma. In the future, she plans to compete in the Ms. America Senior pageant. At 65 she has this philosophy: When people tell her that over the hill means there isn't much left to look forward to, she simply smiles and says, "Over the hill means that the rest of the way I can coast down and have fun."