
Sea Nymph

Sailing Into Insanity

A strange
and peculiar
tale about
sensationalism
gone awry.

A DOCUMENTARY FILM

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Sea Nymph: Sailing Into Insanity is a film that follows the life of Jennifer Appel. A woman who at first seems to have led a wildly adventurous life, who ultimately has her stories exposed as bizarre machinations that to many were untrue and that end up practically destroying her life.



Sea Nymph: Sailing Into Insanity



OVERVIEW

From a young age, Jennifer had led an unconventional life filled with twists and turns. From erotic novelist to sex therapist, she seemingly was an outspoken, eccentric woman who loved to live a big life. Always “living on the edge,” she had no problem leaving her inhibitions behind. However, none of her past experiences could prepare her for what she would face when she sailed off into the South Pacific. Jennifer's initial plan was to sail from Hawaii to Tahiti with a new girlfriend, but things quickly went awry when they encountered a storm, leaving them adrift at sea for 5 months. Her story of survival had enchanted the public, featured on hundreds of international media outlets, and even landed on NBC's Today Show. But as quick as she became one of the top stories searched on Google in the Spring of 2018, her journey quickly devolved into a controversy when it became evident to many that she may be lying about many of the details, including being attacked by 50-foot sharks and attempted rapes by seafaring fisherman.

As the documentary progresses, we see how Jennifer perpetuated one lie after another, or are they fantasies? Leaving many people feeling betrayed and manipulated. As experts suggest that Jennifer's pathological behavior could be a sign of a deeper issue, her close confidant, Clay, is on camera throughout the film trying to help guide her back to reality. Major institutes, like the US Navy, debunk her wild claims, which leads to her life spinning out of control.



When all else fails there's always delusion - Conan O'Brien

Sea Nymph: Sailing Into Insanity

OVERVIEW CONTINUED

The film will provide insights from psychologists and other experts who help to shed light on the mystery that Jennifer's behavior represents. Through extensive interviews with family members, friends, and acquaintances, we unravel the true backstory of Jennifer Appel and the events that led to her almost catastrophic journey and continuous downfall. From claims of being a super soldier programmed by the deep state to supernatural powers derived from satanic rituals when she was a child, the story gets more and more bizarre.

Ultimately, the documentary emphasizes the need for mental health awareness and the importance of understanding the nuances of abnormal behavior. Through Jennifer's story, viewers are provided a window into the world of pathological behavior and the toll it can take on individuals and those around them. The curious case of Jennifer Appel is a cautionary tale about the dangers of living a life full of lies and the potential consequences of not seeking out help when needed.

Is she harmless and just living in her own fantasy land? An eccentric person who just wanted to project her wildest fantasies into reality. Or is Jennifer Appel a self-destructive narcissist hell-bent on taking on the world who'll burn anything in her way? Sea Nymph: Sailing into Insanity is a rare story about the human condition that will leave audiences fascinated and stunned.

There is no such thing as fantasy unrelated to reality - Maurice Sendak





Sea Nymph: Sailing Into Insanity

THE SUBJECT

Jennifer Appel is a Texan native who was born and raised in a working-class family. She lived a seemingly normal life, pursuing her dream of becoming a novelist. Studying architecture at Texas A&M, Jennifer eventually was licensed as a landscape architect. Living in a suburban Texas environment with her only sibling, her brother Eric, she had a love of motorcycles and the great outdoors, even to the point of racing motocross. Her early adulthood was really nothing out of the ordinary.

She also had a passion to be a storyteller. With a wide imagination and an affinity for the carnal, Jennifer self-published several erotic novels that were fantastical, to say the least. As she sought to progress in this world, she began modeling with motorbikes in the nude, worked as a dominatrix, and was a “sex consultant.” But regardless of her odd passion for projecting her sexual fantasies, Jennifer was always a dreamer with a desire to travel the world and find adventures.

By the early 2010s, she moved to Hawaii to pursue her dreams of becoming a world sailor. Needing to find ways to fund her escapades, she continued to work odd jobs while continuing to be a dominatrix. Throughout her years in and around the Hawaiian sailing culture, Jennifer gets some much-needed luck, receiving an inheritance from her mother’s passing via Eric. It’s enough to buy the boat of her dreams. She finds that boat and its name is almost prophetic: The Sea Nymph.

A DOCUMENTARY FILM

Sea Nymph: Sailing Into Insanity

SUBJECT CONTINUED

Saving up \$5,000, Jennifer decides to sail from Hawaii to Tahiti with her new girlfriend, Tasha Fuiava, to pursue an experience of a lifetime. Both are excited about what seems to be the first of many open ocean journeys. But little did they know, things not only did not go as planned, but it would also become an event that would turn into a nightmare experience that would alter their lives forever.

Physically, Jennifer is charismatic, attractive, compelling, and intelligent; Jennifer can take up all the air in the room. Jennifer is also reckless, moody, fanciful, angry, optimistic, and delusional to the point that people don't believe her. She lives in constant chaos, yet she manages to go halfway around the world on a whim.



Sea Nymph: Sailing Into Insanity



TREATMENT

The first act of this story starts with what appears to be an eccentric yet normal person pursuing her dreams. Very well covered by the media worldwide, the first ten minutes of the documentary gives the literal start and end of her sailing journey. At first, this seems like a brave story about two women stranded at sea for several months before they were rescued. Jennifer's story feels like a testament to her resilience and unbreakable spirit to survive the open seas and never stop chasing her dreams.

After our audience is informed of the course of events and the journey's demise, the film cuts to Jennifer today. She is homeless in Florida, her life essentially in shambles. Her confidant and friend, Clay, is introduced as he is essentially interviewing her about where she is now. Her responses are scattered and reactionary, sometimes sounding dispatched from reality. This abrupt change in the narrative throws our audience left as this is very different from Jennifer we witnessed in the prior segment. At what first seemed like a happy-go-lucky person relishing the spotlight is now essentially in despair.

At this point, the story's premise is set. How did Jennifer, not too long ago the subject of a top Google search and captivating story worldwide now living in and out of shelters a few years later? What drove her to this point and the surrounding events that landed her in this predicament?

A DOCUMENTARY FILM

Sea Nymph: Sailing Into Insanity

As the first act of the film progresses, we first go back to Texas and explore her upbringing and early adulthood. We learn that Jennifer always had big aspirations, but also a big imagination. She channeled some of these fantasies into the form of self-published books, some very erotic in nature. What again seems normal yet offbeat in nature, nothing is out of the ordinary. But as we learn more from friends, family, and associates from the past, we begin to realize that Jennifer may live in a fantasyland. And after surviving a wild accident while racing motocross, we're told Jenn realizes it's time to make a change.

Her history then leads to the start of the second act, where we learn her aspirations to sail and ultimately coordinate the course to sail to Tahiti. The film documents what she did to save money for the trip, including a dominatrix and "sex advice" work. Although that side of the story is well documented, some of her claims seem a bit strange and unrealistic. As we then cut back to the current day, we hear Jennifer claim she is a super soldier, genetically built by the government, and that she was part of satanic rituals as a child that bought her powers. Her parents were from what she claims were Luciferians, or "disciples of Lucifer." As the film starts to take a hard left turn with one jarring juxtaposition after another, we start to realize some of her claims are not only odd but completely outlandish. At this point, it becomes clear Clay is becoming frustrated. He wants to help his friend but is realizing how difficult this may be.

Clay is clearly becoming a needed conduit between Jenn and the realms of reality as his friendship is consistently strained. He finds her shelters, helps with her dogs, brings her to the hospital, and provides health care whenever he can. Albeit years of caring, Clay's frustration is becoming clearer as the film progresses.

As the second act progresses, the film transitions back to the lead-up of the trip to Tahiti. This version of Jennifer still appears to be one of an adventurer filled with excitement and passion. We are then introduced to her new "girlfriend," Tasha, whom she meets at a Samoan bar in Hawaii, working as security. As they prepare to set off on a journey that would take them to new and thrilling places. As the audience learns about their preparation to set sail, small hints start to arise that seem to be out of place. And something that now becomes evident is that Jennifer is far from an experienced sailor and didn't really know what she was doing. Worse off, it appears she put Tasha's life in danger.

The thick of the story is unfolding before our eyes as the next segments set the third act of the story arc. Jennifer and Tasha set sail to only fall into what they describe as a five-month journey controlled by the wind and currents.

But here is where it all unravels. The weeks following the story bought more controversy than glory. Several publications began to find holes in Jennifer's story. Not only finding inconsistencies but many online bloggers also... cont.

Sea Nymph: Sailing Into Insanity

called her out for the absurdities and events that just could not happen. The Navy disputed her claims, weather services claimed the storms never existed and disputed outlandish claims that the fishing vessel crew tried to rape and murder them. As the film volleys from the historical account in the media and other subject interviews to current-day Jennifer, it becomes evidently clear that there is at minimum dispute and even more a realization that this is predominately a very fabricated story. Or is it? Jennifer believes it's her against the world.

As the climax of the story is in sight, the film then concentrates on Jennifer's defense against her accusers, including Clay himself. Their complicated relationship reflects many of her relationships; born of love and friendship but exhausted by wild and untruthful behavior. The audience soon discovers that although a driven and passionate person, she lives in a fantasy world in which she creates her own machinations and attempts to will them into reality.

As the film nears its conclusion, the audience can see that living in an alternate reality can have its consequences. Homeless and in need, Clay and other friends look to get Jennifer the help she needs, physically and therapeutically. Albeit a film about false truths and dangerous behavior, there is an absolution to this story as we see Jennifer getting the help she needs, with the hopes of a brighter, realistic future.

In conclusion, Jennifer Appel's story isn't as cut and dry as you would think. Is she a dangerous liar? Looking at what she did on the open ocean, many accused her of being just that. But another point of view could argue that she is a big dreamer, willing to do whatever it takes to live those dreams, and just made the mistake of interpreting her bent reality to the masses. The truth is, It's both. And when those worlds collide, it can have damaging results that include dysfunction and self-destruction. If you believe in something that doesn't really exist, life can easily slip away.

But at the end of the day, Jennifer is a person who took a risk and set out on an incredible journey, something most people only dream of. She let her ego get the best of her, not realistic about the dangers of being dishonest and only thinking about oneself, rather than admitting her limitations.

Jennifer Appel is a curious and cautionary case of that, a tale that happens all too often in today's world of mass communication, social media consumption, and hyperbolic headlines. Did Jennifer attempt to live out her fantasies that date back to her days as a self-published novelist? Or is this a film character study of an all too often individual who cannot live in the real world and only sees their own narrative? The audience will ultimately decide in this very eccentric, uncanny, and entertaining film. Truth is stranger than fiction, and "Sea Nymph: Sailing in Insanity" is exactly that.



Sea Nymph: Sailing Into Insanity

HIGHLIGHTS

- Jennifer is charismatic, she has a large presence and is smart.
- Psychological drama and extreme personal lifestyle - she is tricky.
- Her story was an international news sensation for a month.
- One of Google's top searches for weeks.
- Covered by every major international and regional news organization.
- Conspiracies and accusations about her are abundant.
- Jennifer is a big topic in the sailing and conspiracy world and remains one.
- Great supporting characters, experts, friends, and witnesses.

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Sea Nymph: Sailing Into Insanity

THIS STORY EXPLORES

- Jennifer's wild adventures, even the fabricated ones.
- Her sailing journey, the outlying catastrophe from it and did she lie and trick the world?
- Her absolute belief in multiple stories and events, including that she is a "super soldier" made and controlled by the CIA.
- The psychology of Jennifer's odd behavior, including sexual lifestyle and fantastical embellishments.
- Her current situation, because of the above.

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Questions Arise About Women Rescued After Months at Sea

Give this article



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STORY FEATURES

- US NAVY and Coast Guard's involvement.
- Major international news coverage of her rescue, including NBC's The Today Show.
- The public's response to what appears to be fabrications.
- Beautiful tropical locations and blue water sailing.
- Odd past professional life, including sex professions, author, and architecture.
- Her reckless contemporary life may be completely off the rails at this point.

A DOCUMENTARY FILM

Sea Nymph: Sailing Into Insanity

COMPARISONS

- "Tiger King" - A compelling subject in an extreme surrounding and circumstances who ended up being very untruthful, leading to a negative outcome.
- "Of Two Minds" - Based on people that live a double life, imaginary or not.
- "Capturing the Friedmans" - The closer you get to the subject the crazier the story gets.
- "Grizzly Man" - A passionate, yet delusional subject whose fantastical drive leads to dire consequences.

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