

black magic, and cooked with women on fires all over the world. Rita's example encourages us all to dust off our dreams and rediscover the joy, the exuberance, and the hidden spirit that so many of us bury when we become adults.

What I Was Doing While You Were Breeding Kristin Newman 2014-05-20 A funny, sexy, and ultimately poignant memoir about mastering the art of the "vacationship." Kristin Newman spent much of her twenties and thirties buying dresses to wear to her friends' weddings and baby showers. Not ready to settle down and in need of an escape from her fast-paced job as a sitcom writer, Kristin instead traveled the world, often alone, for several weeks each year. In addition to falling madly in love with the planet, Kristin fell for many attractive locals, men who could provide the emotional connection she wanted without costing her the freedom she desperately needed. Kristin introduces readers to the Israeli bartenders, Finnish poker players, sexy Bedouins, and Argentinean priests who helped her transform into "Kristin-Adjacent" on the road—a slower, softer, and, yes, sluttier version of herself at home. Equal parts laugh-out-loud storytelling, candid reflection, and wanderlust-inspiring travel tales, *What I Was Doing While You Were Breeding* is a compelling debut that will have readers rushing to renew their passports.

Life Stories Maureen O'Connor 2011-08-23 Memoirs, autobiographies, and diaries represent the most personal and most intimate of genres, as well as one of the most abundant and popular. Gain new understanding and better serve your readers with this detailed genre guide to nearly 700 titles that also includes notes on more than 2,800 read-alike and other related titles. The popularity of this body of literature has grown in recent years, and it has also diversified in terms of the types of stories being told—and persons telling them. In the past, readers' advisors have depended on access by names or Dewey classifications and subjects to help readers find autobiographies they will enjoy. This guide offers an alternative, organizing the literature according to popular genres, subgenres, and themes that reflect common reading interests. Describing titles that range from travel and adventure classics and celebrity autobiographies to foodie memoirs and environmental reads, *Life Stories: A Guide to Reading Interests in Memoirs, Autobiographies, and Diaries* presents a unique overview of the genre that specifically addresses the needs of readers' advisors and others who work with readers in finding books.

Petite Retreats: Renewing Body, Mind, and Spirit without Leaving Home Anna Harding; Linda Mastro 2006-12-22 If you were magically granted a gift of free time in your own home, how would you spend the gift? We invite you to experience a Petite Retreat. Petite Retreats: Renewing Body, Mind and Spirit without Leaving Home is an invitation to women of all ages. Restore your energy, spark your creativity and develop a practice of mindful living by learning how to create short, at-home retreats. Alone and in silence, you will foster a nurturing relationship with yourself and your home. Petite Retreats will help you live a more creative, healthy life by • transforming your home into a sacred space in which to relax, play and restore • identifying and removing obstacles that prevent you from taking time for yourself • designing retreats in categories such as creative play, self-care, entertainment, body movement, home projects and meditation

The Ride of Her Life Elizabeth Letts 2022-06-07 NATIONAL BESTSELLER • The triumphant true story of a woman who rode her horse across America in the 1950s, fulfilling her dying wish to see the Pacific Ocean, from the #1 New York Times bestselling author of *The Perfect Horse* and *The Eighty-Dollar Champion* “The gift Elizabeth Letts has is that she makes you feel you are the one taking this trip. This is a book we can enjoy always but especially need now.”—Elizabeth Berg, author of *The Story of Arthur Truluv* In 1954, sixty-three-year-old Maine farmer Annie Wilkins embarked on an impossible journey. She had no money and no family, she had just lost her farm, and her doctor had given her only two years to live. But Annie wanted to see the Pacific Ocean before she died. She ignored her doctor's advice to move into the county charity home. Instead, she bought a cast-off brown gelding named Tarzan, donned men's dungarees, and headed south in mid-November, hoping to beat the snow. Annie had little idea what to expect beyond her rural crossroads; she didn't even have a map. But she did have her ex-racehorse, her faithful mutt, and her own unfailing belief that Americans would treat a stranger with kindness. Annie, Tarzan, and her dog, Depeche Toi, rode straight into a world transformed by the rapid construction of modern highways. Between 1954 and 1956, the three travelers pushed through blizzards, forded rivers, climbed mountains, and clung to the narrow shoulder as cars whipped by them at terrifying speeds. Annie rode more than four thousand miles, through America's big cities and small towns. Along the way, she met ordinary people and celebrities—from Andrew Wyeth (who sketched Tarzan) to Art Linkletter and Groucho Marx. She received many offers—a permanent home at a riding stable in New Jersey, a job at a gas station in rural Kentucky, even a marriage proposal from a Wyoming rancher. In a decade when car ownership nearly tripled, when television's influence was expanding fast, when homeowners began locking their doors, Annie and her four-footed companions inspired an outpouring of neighborliness in a rapidly changing world.

Sola Amy Field 2018-10-05 SOLA chronicles the true story of a young woman's plunge from her pleasant narrow life into a rich foreign continent brimming with Panpipe-playing Zen masters, nighttime motorboat rides redlining through the jungle, hikes to Inca ruins and Patagonian glaciers, witches, mummies, goddesses, Brazilian bikinis, and a snow-covered volcano to climb -- accidentally. At the center of it all stands a quirky slightly-unstable surf guru who bends her mind with insightful wacky tidbits of wisdom and ultimately prompts the question: Can you ever go home again? Winner of three Solas Literary Awards for Travel Writing, SOLA is pure heart. Venturing out for the first time, learning to be alone, befriending local women, and experimenting with love, the author weaves tales of the quirky, the insane and the absurd during her 2 1/2 year journey through South America. From Costa Rica to Argentina, Amazon to Andes, moon deities to miners, surfing to solitude, her wanderings catapult her into a world forged of unexpected adventures, unforeseeable triumphs and beauty in the kindness of strangers.

Nothing to Declare Mary Morris 1998-11-15 Traveling from the highland desert of northern Mexico to the steaming jungles of Honduras to the seashore of the Caribbean, Mary Morris confronts the realities of place, of poverty, of machismo, and of self. "One gutsy woman and one fantastic writer"---"Cosmopolitan".

Solo Susan Fox Rogers 1996 Until recently, there have been few accounts of women "going it alone", though many women have dreamed of doing so. In this collection 23 women share their solo travel experiences--adventures that run the gamut from roadtripping through the Northwestern United States to biking the famed Iditarod trail in Alaska.

Miss Rumphius Barbara Cooney 1985-11-06 Alice made a promise to make the world a more beautiful place, then a seed of an idea is planted and blossoms into a beautiful plan. This beloved classic and celebration of nature—written by a beloved Caldecott winner—is lovelier than ever! Barbara Cooney's story of Alice Rumphius, who longed to travel the world, live in a house by the sea, and do something to make the world more beautiful, has a timeless quality that resonates with each new generation. The countless lupines that bloom along the coast of Maine are the legacy of the real Miss Rumphius, the Lupine Lady, who scattered lupine seeds everywhere she went. Miss Rumphius received the American Book Award in the year of publication. The illustrations have been reoriginated, going back to the original art to ensure state-of-the-art reproduction of Cooney's exquisite artwork. The art for Miss Rumphius has a permanent home in the Bowdoin College Museum of Art.

Go Your Own Way Faith Conlon 2007-05-04 There is nothing quite like hitting the road by yourself to awaken your senses, sharpen your mind, and build your confidence. In twenty-three beautifully crafted essays, women recount the thrills of traveling solo. Despite threat-assessment levels and airport-security hassles, women of all generations are traveling more freely and independently than ever before. In that go-for-it spirit, *Go Your Own Way* spans the globe: adventure diva Holly Morris finds herself lost in the jungles of Borneo, alone with her thoughts and a cold-blooded companion; Lara Triback's quest to learn the tango takes her to the late-night dance floors of Buenos Aires; Stephanie Griest finds female friends invaluable in her journey through Uzbekistan; and Amy Balfour recounts a hilarious trek up Yosemite's Half Dome. The writers in *Go Your Own Way* pay tribute to the empowerment of independent adventure and discovery, offering up the perfect antidote for today's climate of fear and international discord. All the while, they show that alone doesn't have to mean lonely.

Alone Time Stephanie Rosenbloom 2019-06-04 A wise, passionate account of the pleasures of traveling solo In our hectic, hyperconnected lives, many people are uncomfortable with the prospect of solitude. Yet a little time to ourselves can be an opportunity to slow down, savor, and try new things, especially when traveling. Through on-the-ground reporting, insights from social science, and recounting the experiences of artists, writers, and innovators who cherished solitude, Stephanie Rosenbloom considers how traveling alone deepens appreciation for everyday beauty, bringing into sharp relief the sights, sounds, and smells that one isn't necessarily attuned to in the presence of company. Walking through four cities—Paris, Florence, Istanbul, and New York—and four seasons, *Alone Time* gives us permission to pause, to relish the sensual details of the world rather than hurtling through museums and uploading photos to Instagram. In chapters about dining out, visiting museums, and pursuing knowledge, we begin to see how the moments we have to ourselves--on the road or at home--can be used to enrich our lives. Rosenbloom's engaging and elegant prose makes *Alone Time* as warmly intimate an account as the details of a trip shared by a beloved friend--and will have its

many readers eager to set off on their own solo adventures.

How to Travel the World on \$50 a Day Matt Kepnes 2015-01-06 *UPDATED 2017 EDITION* New York Times bestseller! No money? No problem. You can start packing your bags for that trip you've been dreaming a lifetime about. For more than half a decade, Matt Kepnes (aka Nomadic Matt) has been showing readers of his enormously popular travel blog that traveling isn't expensive and that it's affordable to all. He proves that as long as you think out of the box and travel like locals, your trip doesn't have to break your bank, nor do you need to give up luxury. *How to Travel the World on \$50 a Day* reveals Nomadic Matt's tips, tricks, and secrets to comfortable budget travel based on his experience traveling the world without giving up the sushi meals and comfortable beds he enjoys. Offering a blend of advice ranging from travel hacking to smart banking, you'll learn how to: • Avoid paying bank fees anywhere in the world • Earn thousands of free frequent flyer points • Find discount travel cards that can save on hostels, tours, and transportation • Get cheap (or free) plane tickets Whether it's a two-week, two-month, or two-year trip, Nomadic Matt shows you how to stretch your money further so you can travel cheaper, smarter, and longer.

Go Girl! Elaine Lee 1997 The first travel book for the sisters!

Adventure Divas Holly Morris 2006-10-31 After years of working behind a desk, Holly Morris had finally had enough. So she quit her job and set out to prove that adventure is not just a vacation style but a philosophy of living and to find like-minded, risk-taking women around the globe. With modest backing, a small television crew, her spirited producer-mother, Jeannie, and a whole lot of chutzpah, Morris tracked down artists, activists, and politicians—women of action who are changing the rules and sometimes the world around them. In these pages, Morris brings to life the remarkable people and places she's encountered on the road while filming her PBS series *Adventure Divas* and other programs. We meet Assata Shakur, a former Black Panther and social activist and now a fugitive living in exile in Cuba; Kiran Bedi, New Delhi's chief of police, who revolutionized India's infamously brutal Tihar Jail with her humanitarian ethic; New Zealand pop star Hinewehi Mohi, a Maori who reinvigorates her native culture for a new generation; and Mokarrameh Ghanbari, a septuagenarian painter and rice farmer who lives in the tiny village of Darikandeh on the Caspian plains of Iran, where her creative talents run counter to the government's strict stance on art. Along the way, Morris herself becomes a certified Adventure Diva, as she hunts for wild boar with Penan tribesmen in the jungles of Borneo, climbs the Matterhorn short-rope to a salty fourth-generation Swiss guide, and memorably becomes the first woman ever to enter the traditional camel race of the Saharan oasis town of Timia. Intelligent, phenomenally funny, and chock-full of rich and telling details of place, *Adventure Divas* is a pro-woman chronicle for the twenty-first century. In a pilgrimage fueled by curiosity, ideology, and full-on estrogen power, Holly Morris has paved the way for all of us to discover our own diva within and set out on our own adventures.

Meeting Faith Faith Adiele 2004-04 Northern Thailand's first black Buddhist nun traces her journey from a Harvard scholarship student in the world of pop culture to her ordination into a world marked by natural violence and eastern philosophy, discussing her resistance to the Buddhist worldview and her struggles to overcome difficult personal obstacles.

Alone Across the Arctic Pam Flowers 2011-03-15 Eight sled dogs and one woman set out from Barrow, Alaska, to mush 2,500 miles. ALONE ACROSS THE ARCTIC chronicles this astounding expedition. For an entire year, Pam Flowers and her dogs made this epic journey across North America arctic coast. The first woman to make this trip solo, Pam endures and deals with intense blizzards, melting pack ice, and a polar bear. Yet in the midst of such danger, Pam also relishes the time alone with her beloved team. Their survival--her survival--hinges on that mutual trust and love.

The Maternal Is Political Shari MacDonald Strong 2008-05-27 Exploring the vital connection between motherhood and social change, *The Maternal Is Political* features more than 40 powerful, hard-hitting literary essays by women who are striving to make the world a better place for children and families – both their own and other women's – in this country and globally. From the mom deconstructing playground "power games" with her first-grade child, to the mother who speaks out against misogyny during an awkward road trip with her college-age daughter and friends, to the mother of sons worrying about the threat of a future military draft, *The Maternal Is Political* brings together the voices of women who are transforming the political and social: one child, one babysitter, one peace march at a time.

Travel Tales Monthly Michael Brein, Ph.D. 2015-02-06 Michael Brein's Travel Tales Monthly bookazine Issue No. 7 for January 2015 contains among the best travel stories from Michael's huge collection of about 10,000 travel tales that he has gathered in interviews with nearly 1,750 world travelers and adventurers during his four decades of travel to more than 125 countries throughout the world. The January issue samples safety and security of the woman solo traveler (as well as women traveling together in pairs or very small groups)—the quest to achieve safe and secure, relatively comfortable, unencumbered, and unimpeded travel throughout the world. Unfortunately, travel today for anyone, and particularly for women, has increasing challenges, what with growing terror threats, the imposition of severe and strict cultural and religious restrictions of women's rights and freedoms as well as the apparent decreasing tolerance for cultural and religious differences and diversity across certain borders around the world. Introduction to Travel Tales of Women Alone: Hassles & Assaults Part 1 Travel Tales of Women Alone: Hassles & Assaults is divided into two parts simply because there is so much material. Part 1 appears here in the current Travel Tales Monthly issue No. 7 Jan 2015 and serves as a general introduction to this subject matter. Part 2 The unabridged, expanded forthcoming ebook Travel Tales of Women Alone: Hassles & Assaults, part of The Travel Psychologist Travel Tales Series, is a larger volume and includes both Parts 1 and 2. Women traveling alone and surviving the many hassles and occasional assaults is challenging in the least. For women alone travel mostly is exciting and relatively safe, but for many women, traveling in some countries, particularly in North Africa and the Middle East can often be traumatic and downright dangerous. I have tales of women constantly doing battle with those who would bother and hassle them. And some women, sad to say, have simply disappeared from the market place, never to be seen again. To be a woman and to travel alone in such forbidding places is simply not for the faint of heart. Unfortunately, many young women simply do not 'get it,' in that they are rather naively unaware and must be exceedingly careful and very circumspect in their interactions with men overseas. Just because the men are well-dressed and speak your language (English), does not necessarily mean that they are to be trusted. Read these tales of women traveling alone, but be prepared for anything. Some of the tales are quite graphic. Every woman traveling abroad NEEDS to know and prepare herself for dealing with such things. While travel is mostly adventurous and exciting, it can also be foreboding and downright dangerous. PAY ATTENTION: Look, listen, and learn! Please, please! If you are a woman about to travel alone in the world—please at least read these pages! If I were you, I'd really want to think THRICE about traveling to some parts of the world as a woman ALONE! Come on! It's REALLY a dangerous world out there. Yeah, yeah, it's dangerous enough to walk alone in some U.S. cities as it is, let alone in the back alleys of North Africa and many other places in the third world. Women have shared 100s of travel stories with me about how they have had to fend off—YES, even fight off—the unwanted advances of men, ranging from verbal harassment, unwanted touching, exposure, and, yes, even rape! I have heard more encounters by young women relating to me “yes, I should have known better; I should have seen the signs.” And sad to say, there are some stories I've heard where women have simply disappeared out of market places, never to be seen again—presumably sold off into white slavery, even! This is not a book designed to merely scare you—it is meant to SHOCK you into a mind space that you had better duly consider the risks and repercussions of doing any foreign trips all by your very own self! DIRE WARNING! The accounts in this ebook of women traveling alone are in some cases VERY graphic and disturbing. Be forewarned that the material contained in this ebook includes some horrific language, images, actions, and dire consequences. This ebook is meant for a mature adult audience only, yet, the material contained herein needs to be communicated in a clear and responsible manner to young and inexperienced girl/woman travelers who most definitely have a need to know how to travel more safely and securely.

She Explores Gale Straub 2019-03-26 For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, *She Explores* is a spirited celebration of female bravery and courage, and an inspirational companion for any woman who wants to travel the world on her own terms. Combining breathtaking travel photography with compelling personal narratives, *She Explores* shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including: • Preparing for a solo hike • Must-haves for a road-trip kitchen • Planning ahead for unknown territory • Telling your own story A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure.

A Woman Alone Faith Conlon 2001-11-02 Presents a collection of travel tales by women traveling alone.