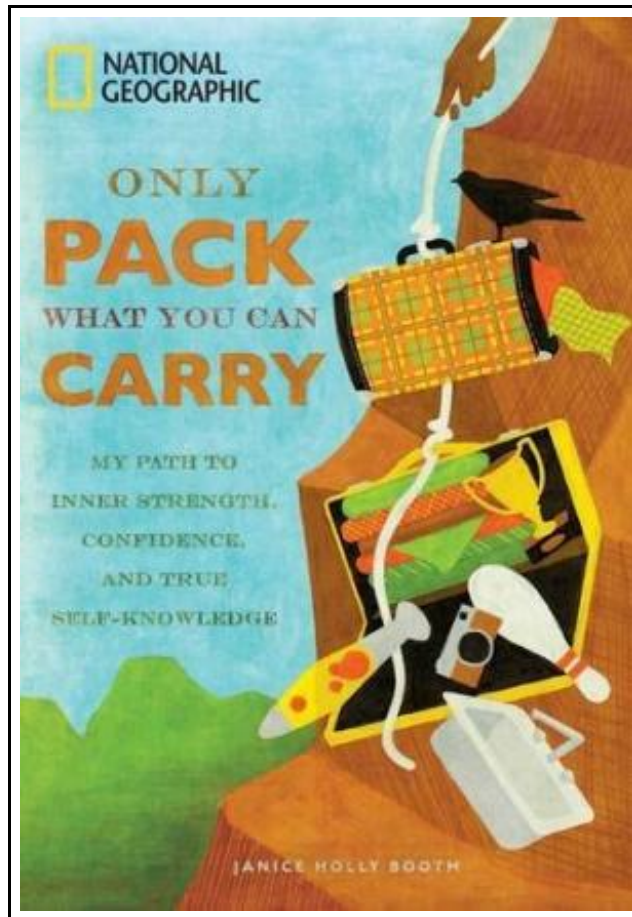


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National Geographic Society. Hardback. Book Condition: new. BRAND NEW, Only Pack What You Can Carry: The Path to Inner Strength, Confidence, and True Self Knowledge, Janice Holly Booth, Choosing to travel alone is not a resolution most come to naturally. That's because doing so requires us to go head to head with our fears: fear of risk, fear of the unknown, or plain old fear of being alone with nobody to depend on but ourselves. Yet, five years into solo travel - and with many eye-opening escapades under her belt - Janice Booth realised that taking that daring leap allowed her to discover who she is at her core, what truly matters in life, and what one is capable of when plopped into uncharted territory. In "Only Pack What You Can Carry", the unabashedly funny, brutally honest Booth - a self-proclaimed average working woman who doesn't have a trust fund to scoop from, or a second income, or even any particularly good survival skills - walks the reader through four key states of being/doing that have become the foundation for her life: solitude - engaging on a completely different level with ourselves and the world around us, without the distractions that come with relationships and obligations; introspection - committing uninterrupted stretches of time to just thinking. Introspection is a natural byproduct of solitude; and, challenge - taking on an intentional challenge provides an opportunity to practice and cultivate personal courage. It also includes: commitment - a commitment to solo travel means a commitment to oneself, and to living the way we want to live. By giving ourselves this precious time, we pledge to not settle for less of a life than we desire. And we learn great lessons about ourselves in the process. Throughout each concept, Booth expertly intertwines her...



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