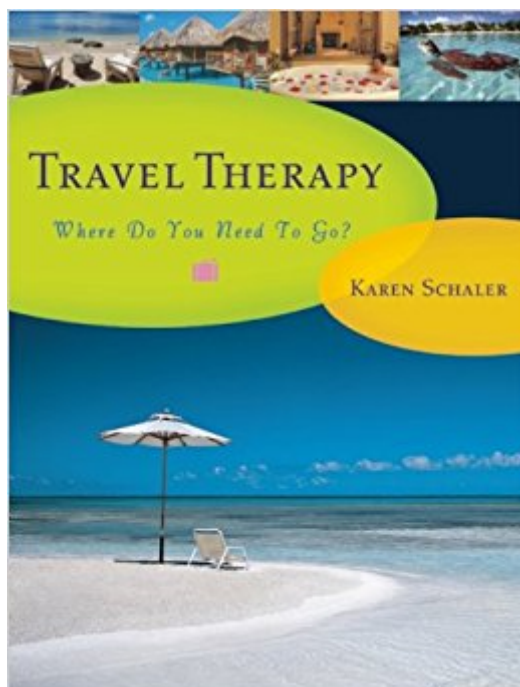


The book was found

# Travel Therapy: Where Do You Need To Go?



## Synopsis

For some, the only way to get over a break-up is to keep moving; for others, the only solace is a spa vacation. Tired of the same old routine, one woman might opt for a trip where the sole focus is helping others; another may decide that the only real escape is a Girlfriend Getaway with her best friends. According to three-time Emmy-Award winning author Karen Schaler, the only way to change your attitude is by changing your environment &#151; and Travel Therapy is the guide to help you get there. With 101 unique destinations, Travel Therapy is geared toward helping readers refresh and find themselves, whether they're dealing with a breakup or divorce, celebrating retirement, or looking to shake things up. Every chapter includes quizzes, travel tips, and extensively researched links to the best destination-specific websites to help you figure out the perfect destination for you. From daring destinations to soothing spa escapes, Travel Therapy is your road map to self-discovery, happiness, and success &#151; whether it's zip-lining in Belize, helping orphaned children in Africa, or beachcombing the Caribbean.

## Book Information

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## Customer Reviews

I like all the photos and descriptions. It's a great book to give you some ideas. Even if the places aren't what everyone would enjoy, I think it could inspire you to travel and also, just take care of yourself when times are hard. If you need a 'mental vacation' just pick this book up!

This book is super helpful as a Travel Agent trying to decide the best destination to send clients that have no idea where they want to go. Love the book!

I was looking for inspiration, but the destinations lacked diversity. I would have been better off saving the money and doing a web search.

I pre-ordered this book from and it arrived yesterday! What an amazingly different travel book. It could be used as a coffee table book or one you stick in your bag when you travel. It is that beautiful. I read most of the book last night even though it is not meant to be a sit down and read the whole thing book. Travel Therapy was so well written you just kept going into chapters that had nothing to do with what you were going thru in life at the moment. The book seems to be geared towards finding what you are going through in life right now and then choosing that chapter of the book to find some very exciting solutions. Well, I couldn't stop reading. It was such an easy user friendly book. There are little suitcases to tell you how strenuous the trips are and a quiz at the beginning of each chapter to find out which of the three journeys you should take, based on where you are in life and what you might need to do to get a travel therapy 'fix'. I would highly recommend this book to everyone, family, couples, singles. And read the whole book! It's all good. Thanks Travel Therapy and for the great price and quick delivery. Leaves you wanting more...be careful!

Flipping through the pages made me feel like I was really in some of these places. The interesting chapter to me was Pay it Forward, it seems like a great way to give back! On the other side of the coin I can really relate to going to some of the places in the chapter called The Big Chill. I'm ready to head to the Florida Keys today!

I love this book for what it tells you - whatever you are going through in life it has the right travel therapy and destination to go - what a great concept. I can't believe that this was not written before. Love the idea and can't wait to try it out -Really cool...thanks Ms. Schaler.

Loved the pictures. What an artistic approach to a travel book. The girlfriend getaway really enticed me! Take the Travel Therapy quiz for yourself, there is sure to be a diagnosis. Travel Therapy does have you covered on travel ideas.

I love this book. It's a great coffee table book filled with lots of beautiful pictures of places far, far away. But it's not all style and no substance, Travel Therapy is filled with useful information to help you plan your next trip. Keep it on hand for life's little surprises, you never know when you're going

to need to get away for some sanity.

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