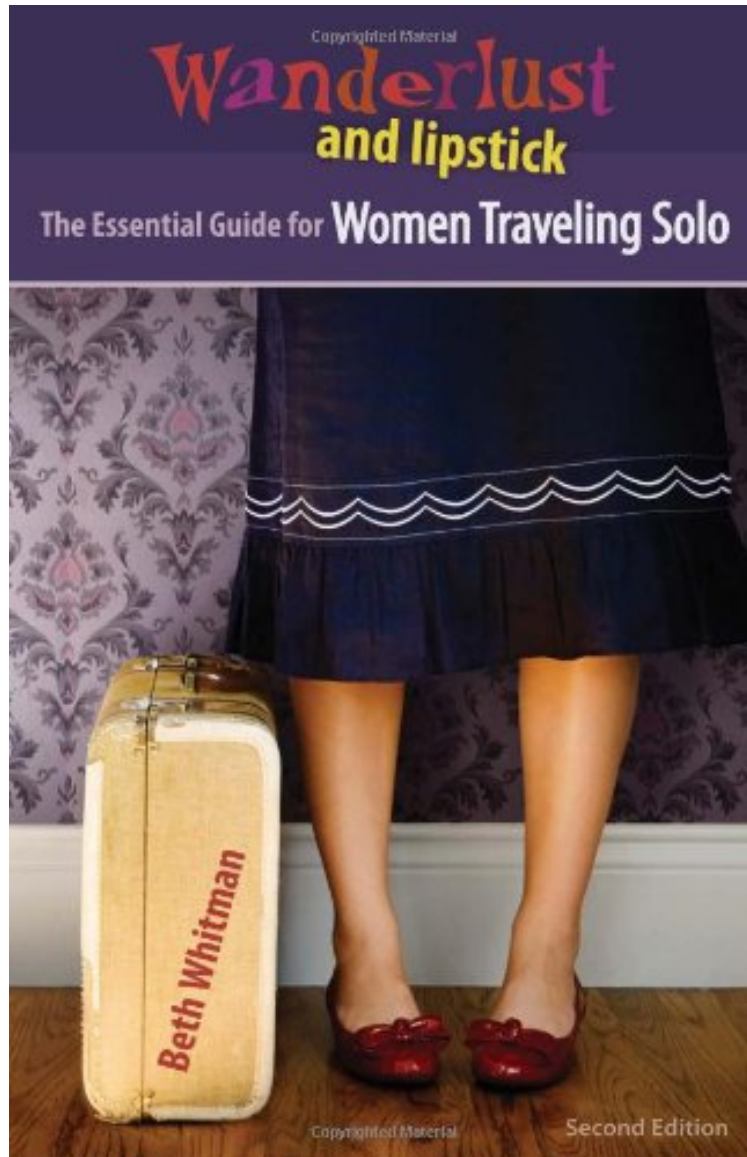


[Free download] Wanderlust and Lipstick: The Essential Guide for Women Traveling Solo

Wanderlust and Lipstick: The Essential Guide for Women Traveling Solo

Beth Whitman

**Download PDF | ePub | DOC | audiobook | ebooks*



[Download](#)

[Read Online](#)

#882186 in Books 2009-05-15 Original language: English PDF # 1 8.50 x .50 x 5.50l, .70 #File Name: 0978728068272 pages | File size: 41.Mb

Beth Whitman : Wanderlust and Lipstick: The Essential Guide for Women Traveling Solo before purchasing it in order to gauge whether or not it would be worth my time, and all praised Wanderlust and Lipstick: The Essential Guide for Women Traveling Solo:

0 of 0 people found the following review helpful. A beginners guide to travel! You will be empowered to try

something new. By M. E. Hickory I'm learning how to live on my own and was looking for a book with advice on how to be more adventurous. (My husband of 45 years was our travel "organizer".) she begins with traveling with a purpose (music, foodie related, history lover) and talks about the difference between adventure travel (I want to hike and kayak) and soft adventure (I seek experiences such as a cooking class or architectural tour). Chapter 3 ends with some challenges: have lunch alone in a restaurant (yes, I did that for the first time...first visit to a local pub alone); take an overnight trip alone to a nearby place (I think I'm going to explore Thomas Jefferson's Monticello). Whitman then walks you thru the steps to mapping out your trip, choosing overnight accommodations, getting around (train, car, bus, ferries, taxis, etc). There is information on passports, visas, traveling with medications, tech gadgets; legal tender for foreign travel, staying healthy on the road, packing and packing lists, meeting the locals, and an important chapter on safety first. This book is an encouraging guide that is helping me stretch myself in a new direction. I actually read this book just before going on a group tour with friends from the US to the U.K. I felt empowered with the knowledge I gained from reading "Wanderlust and Lipstick." I am now planning a weekend away...alone, and my next vacation to the U.K., probably with another group tour. I have been bitten by the travel bug!² of 2 people found the following review helpful. Wanderlust and Lipstick Review By R. K. Buttacavoli This little book is certainly worth the price. Its an easy read but don't be fooled by the simple, straight-forward style and arrangement. It is chock-full of sound, practical advice. There are countless suggestions and links to important sites with necessary travel information. Not only do you get all of this for the price, you get motivation and support, too. Feeling a little skittish about that first foray into single travel? This author will hold your hand all the way through her insightful and well thought out book. Happy Trails!¹⁵ of 18 people found the following review helpful. A little light on the "Women Traveling Solo" part By Minisaurus I did not find this to be a particularly inspiring travel book, especially given the title. I expected more content aimed toward the traveling solo part and less on what I consider to be basic travel knowledge. I gave it an extra star because it does include a few decent pointers for basic travel skills. Although I think that saying the obvious, such as how they drive on different sides of the road in some countries, is almost rude. I would hope anyone thinking of traveling solo would do their homework about their destination of choice! It amazes me that you would need to tell someone that the place they are traveling to is...different! I think Rick Steves' books, Rough Guides or even Budget Travel Magazine do a better job of explaining what kinds of questions to ask yourself when choosing a destination. Additionally, some of the subjects seem like nothing but filler. For example, the author devotes more words to explaining RSS feeds than to the subject of jet lag! I don't need to know how to use the internet--I wanted solid advice on how to make my solo travel a more enjoyable and safe experience. If you've driven across the U.S. or traveled overseas you might want to continue to look elsewhere. But, if you've never really left your own town or state, then this is probably a great book for you and I say buy it and happy trails!

Designed for women of all ages traveling for business, pleasure, or family, this indispensable travel handbook offers encouragement, lighthearted anecdotes, and numerous travel-tested tips. Drawing upon 20 years of travel experience, the guide includes a wealth of information including how to budget and save money, pack the necessities, and apply for passports and visas as well as a full list of website resources and advice on the latest travel technology. This travel resource is the ultimate manual for any female traveler embarking on a journey by herself.

Women tend to have reservations about traveling on their own, Whitman observes. These anxieties range from fears about personal security and health risks to guilt about leaving a partner and kids to fend for themselves. But traveling alone can be a joyous experience, particularly for women, she notes, because it allows them to find a sense of self-reliance, adventure, and freedom. In her guidebook, Whitman offers a range of useful tips about packing, ticket purchases, tipping, and all the usual fodder that make up travel tomes. But blended with the practical advice is deeper, more compelling guidance designed to persuade women that traveling alone isn't selfish, dangerous, or expensive. It's difficult, Whitman acknowledges, and she travels with relentless gusto, like a well-versed travel agent who sipped the local wine, slept on hostel beds, and camped in the middle of the Australian outback. Whitman has the experience to back up her claims, and before she launches into her recommendations, she relates her tale of a first solo trip from Seattle to Panama by motorcycle. The journey was challenging, but instilled in her a sense of wanderlust that kept her globe-hopping ever since, logging hundreds of thousands of solo miles as both a backpacker and businesswoman. Once she realized that she could travel alone happily, Whitman began persuading other women to get out of their homes and into the great unknown. She is the travel blogger for the Seattle Post Intelligencer, and teaches workshops and publishes a website for women traveling solo. Perhaps the most useful sections are the first three chapters, including Why Travel Solo? and Getting Beyond the Excuses. With her brisk, persuasive tone, Whitman could convince an agoraphobe to consider a trek to the pyramids or the Great Wall of China. Although she outlines many reasons that table-for-one journeys are enriching from setting one's own agenda for the day to being more approachable to strangers. --Foreword Magazine - Elizabeth Millard Women have emerged in recent years as a growing demographic of travelers, stepping out either on solo adventures or in groups fueling growth in tourism by Americans. These three books, each with a helpful approach, are aimed at women travelers. For the planning stage and

for first-time travelers, there is Whitman's website and book, which is full of specific details regarding how to pack and how to book a trip. This one is best for the nervous newbie. --Library Journal (Feb. 15, 2007) About the Author Beth Whitman is the CEO/editor of the website, Wanderlust and Lipstick, and Chief Wanderer at WanderTours. She lives in Seattle, Washington.