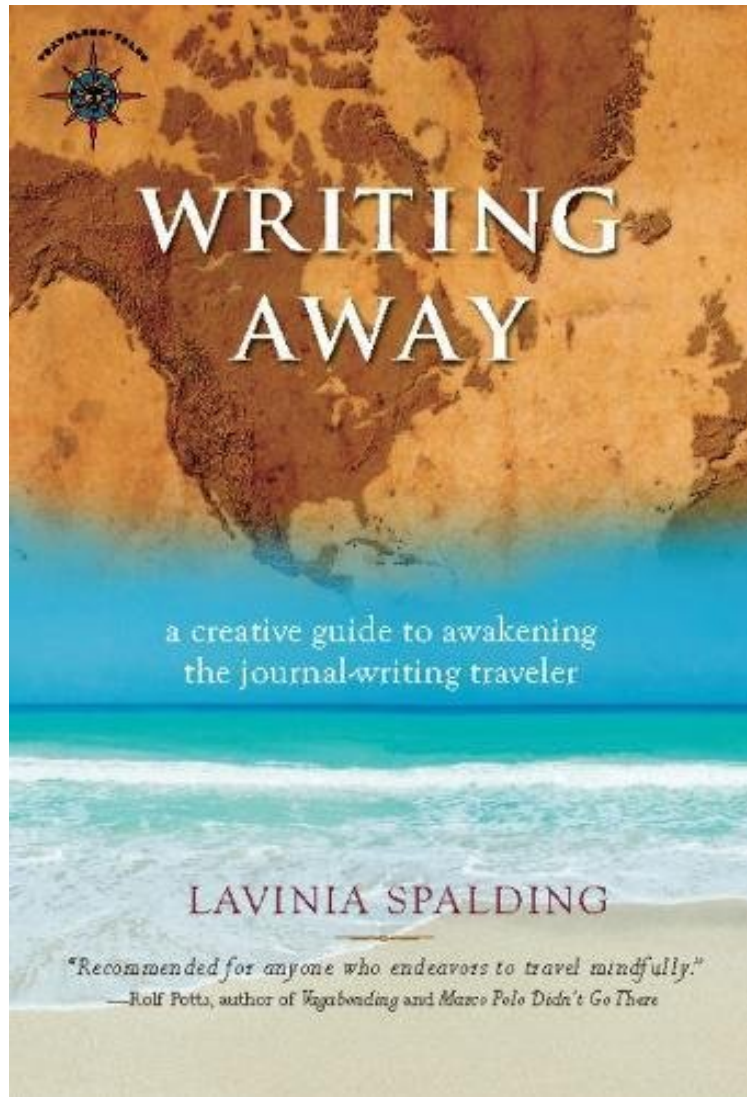


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## Writing Away: A Creative Guide to Awakening the Journal-Writing Traveler (Travelers' Tales Guides)

Lavinia Spalding

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**Lavinia Spalding : Writing Away: A Creative Guide to Awakening the Journal-Writing Traveler (Travelers' Tales Guides)** before purchasing it in order to gage whether or not it would be worth my time, and all praised Writing Away: A Creative Guide to Awakening the Journal-Writing Traveler (Travelers' Tales Guides):

1 of 1 people found the following review helpful. great motivational book for starting a travel journal.By SierraI, of

course, read this to motivate myself and give some direction on starting a Travel Journal and it definitely served its purpose. I have years' worth of vacation pictures sitting on my hard drive, and others lost to failed hard drives. I vowed to make a photo book for each trip but that hasn't happened yet, of course! I love her quote in the book about the definition of procrastination: "waiting to do something until something much more important needs to be done." haha! figured a travel journal was best solution in the short term so I wouldn't forget my trip when I actually get around to make photo books (retirement maybe?). I only read about 75% of the book because I felt like I understood the general idea and I'm not much of a reader anyway. towards the end, the book goes into all sorts of cutesy ideas for themed entries of the journal in case your day is so boring that it's not worth writing about. I'll tell you, it's hard enough for me to even open the journal each day, without having to think of a theme that I should be concentrating on collecting info for all day. the vacation I started with was a 5 week trip (1 wk for my brother's wedding, 1 week with the family in Orlando and 3 weeks of guided tour in the UK with my husband). it was so busy that I didn't need to fill the pages with extra stuff like what the book talked about (finding strangers and having conversations with them, or writing about the smells of the marketplaces, 10 things you are ashamed to admit that you hate about travelling with your vacation companions, etc). I was exhausted at the end of each day and usually barely squeaked out a single page nightly. I did enjoy her recommendations on bringing along a writing utensil bag full of tools, which I initially disregarded as something for die-hard journalists. I'm glad I did because the scissors and double-sided tape for clipping pictures from brochures of places we visited, and charcoal pencil for rubbings of foreign coins was a nice touch to my journal. I plan on taking her idea of pasting a copy of the vacation map of places we visited on the trip on the inside cover. I did take her recommendation on buying the journal early and making a habit of writing in it daily for several weeks before the trip so you're already in the habit (good luck starting a new habit on a whirlwind vacation). per author's advice, I bought a 7x10, wire-bound sketch book by Strathmore from Michael's: it has unlined, off-white pages. it has a black cover that I used decoupage and a pretty piece of scrap-booking paper to customize. they have a similar product at Walmart too. I filled up half the book in the 1.5 months leading up to the UK trip and was worried I'd run out of pages. While at Tower of London, I noticed a nice, wire-bound journal with unlined pages that had an awesome cover made out of clay that came with a pen in the shape of a knight.... so I used that for the whole trip. I plan to fill excess pages with photos ... once I get them developed! I have over 5,000 photos to edit and organize! I haven't opened my journal since returning from my trip 3.5 weeks ago but plan on starting it up again this week so I remember to journal while we're in Sedona next month.

5 of 5 people found the following review helpful. An Outstanding Guide By J. V. Lewis

I've been waiting for years for someone to describe to me my own experience of travel: travel has always felt more than geographic or cultural, but I haven't been clear on how or why. I've kept travel journals since I was a kid, off and on, and re-reading them I get fleeting glimpses of that sense of significance, of existential tremors, of old stories coming apart. Having just finished *Writing Away*, I'm suddenly possessed of a vocabulary, and quite a rich one, for describing this sense. The author uses the distinctive language of Buddhism, with all its emphasis on impermanence and the apparent solidity of 'mental phenomena', to unpack the deeply unsettling experience of being foreign to a place. I felt a little resistance to this approach at first, but now I'm convinced that this analogy, between travel and meditative mindfulness, is a fecund one. We go somewhere unfamiliar, we cross a literal and figurative threshold into the unknown, and we realize not only that we have become habituated and inured to our daily shuffle, but that even our home town is full of mystery and intrigue, and that only habit and non-reflection have closed us to it. The author makes the simple point that crossing a threshold and honestly recording the experience in a journal, without editorializing, makes travel a fertile opportunity for self-discovery and the development of empathy. Several chapters approach this idea from different angles and make it clear. I highly recommend this book for journalers, travellers, and for anyone who's interested in writing as a means to discovery. I also want to add that the book is very well-written and entertaining.

1 of 1 people found the following review helpful. For every journal writer By Niki TI

I love this book. I have been missing my journal writing habit and bought this to get inspired. Lavinia is thorough in her conviction that journal writing is crucial for us, not just when we travel but in everyday. She shares compelling reasons, interspersed with excerpts from real diary entries from travellers, of why journaling should become a habit. Each chapter ends with a short QA as well as tips and ideas for journaling. I came away from this raring to put pen to paper. If you've been meaning to journal, this is the book for you. It'll be one of those books you'll refer to for always.

Two major trends have recently swept the travel world: the first, an overwhelming desire (thanks to Elizabeth Gilbert's bestseller, *Eat, Pray, Love*) to write one's own memoir; the second, an explosion of social media, blogs, twitter and texts, which allow travelers to document and share their experiences instantaneously. Thus, the act of chronicling one's journey has never been more popular, nor the urge stronger. *Writing Away: A Creative Guide to Awakening the Journal-Writing Traveler*, will inspire budding memoirists and jetsetting scribes alike. But *Writing Away* doesn't stop there; author Lavinia Spalding spins the romantic tradition of keeping a travelogue into a modern, witty adventure in awareness, introducing the traditional handwritten journal as a profoundly valuable tool for self-discovery, artistic expression, and spiritual growth. *Writing Away* teaches you to embrace mishaps in order to enrich your travel experience, recognize in advance what you want to remember, tap into all your senses, and connect with the physical

world in an increasingly technological age. It helps you overcome writers block and procrastination; tackle the discipline, routine, structure, and momentum that are crucial to the creative process; and it demonstrates how traveling while keeping a journal along the way is the world's most valuable writing exercise.

Spalding reminds us to journey conscientiously, to arrive awakened, and to write with all our hearts. This is a beautifully vital antidote to the frenetic buzz of blogging and texting, to be savored and shared. Alexandra Fuller, author of *Dont Lets Go to the Dogs Tonight* and *The Legend of Colton H. Bryant* Lavinia Spalding has given travelers a witty, profound, and accessible exploration of the hows and whys of keeping a journal. Novices and veterans alike will find inspiration and fresh ideas on every page, along with practical suggestions to bring out the best writer in anyone. Buy two copies one to meditate on at home and another to dogear, underline and carry alongside your own journal en route. Anthony Weller, author of *The Siege of Salt Cove* and *Days and Nights on the Grand Trunk Road*. Spalding doesn't just give you ideas for keeping a travel journal she makes a convincing case for why keeping a travel journal is important, and how this personal writing ritual can deepen your journey in unexpected ways. Recommended for anyone who endeavors to travel mindfully. Rolf Potts, author of *Vagabonding* and *Marco Polo Didnt Go There*