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# A Journey Of One's Own (Second Edition): Uncommon Advice For The Independent Woman Traveler



## **Synopsis**

Fascinating tales of cross-cultural encounters and self-discovery from a wide array of women are interwoven with detailed advice on practical matters such as how to deal with sexual harassment, stay healthy, be safe, and avoid theft. Beautifully written and organized for easy accessibility, A Journey of One's Own is an unusual combination of the useful, the imaginative and the inspiring.

## **Book Information**

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## **Customer Reviews**

A Journey of One's Own was written for women who long to travel but are a little hesitant about facing the open road alone. Author Thalia Zepatos has traveled by camel across the Thar Desert, hitchhiked along the Malay Peninsula, and trekked the high country of Nepal, and in this book she offers advice, encouragement, and wisdom to the women she hopes will follow in her footsteps.

Zepatos recognizes that female travelers face challenges that their male counterparts seldom experience: sexual harassment, safety and health concerns, and cultural attitudes are a real part of any woman's travel experience. She also believes that women experience travel differently from men, and she sees the "global sisterhood of women" as a positive, ready-made opportunity for women to interact with whatever culture in which they find themselves. Travel essays by women alternate with chapters on practical matters such as traveling alone, finding a compatible travel companion, planning your itinerary, and staying safe and healthy; as an added bonus, there's a list of resources that covers a variety of topics, from travel books and magazines to Internet service providers and socially/environmentally responsible travel opportunities. So, stop dreaming and start planning that fantasy trip with A Journey of One's Own. --This text refers to an out of print or

unavailable edition of this title.

Zepatos, a traveler and lecturer, offers this guide for the independent woman who wishes to do extensive traveling on her own. Much of the book is directed toward helping women make decisions about whether to travel alone, with a companion, or in a group and how to handle extended travel to remote locations around the globe. Information is included for lesbians traveling alone or with a partner, and the author emphasizes homeopathic and natural remedies to combat illness. Although aimed at women, the book contains much valuable information for travelers in general, especially those considering a trip of several months or more. Narratives by the author and other women who have traveled to distant lands add flavor to this unusual guidebook. For alternative travel collections.-Marguerite Mroz, Baltimore Cty. P.L.Copyright 1992 Reed Business Information, Inc.  
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It is full of interesting facts and suggestions, but it appears to be for the very brave and intrepid. I learned a lot from this book, but I am not going to go to India without any reservations nor am I going to stay in any sort of hostel. I'm not a snob, but I do have to travel with a CPAP machine and I don't know if hostels have plugs for CPAP's.In other words, this book would have been great for my 20's, but I don't think I can travel the way she does in my 50's. It is a different (and cheap) way of traveling but not for me.Could be good for you.

The subtitle of this book is UNCOMMON ADVICE FOR THE INDEPENDENT WOMAN TRAVELER. And this book is exactly that. I don't know how author Thalia Zepatos does it, but she manages to tuck every conceivable thing you could possibly wish to know, if you are a woman planning to travel alone, into 250 pages. It covers the pros and cons of traveling alone versus traveling with a companion or taking a tour. It talks about creating your own journey, how to find and meet friends in different cultures and what to expect from those cultures. It talks about sexual harassment and how to deal with it. It covers packing and how to make the transition back home. For the first time in my life, I am leaving the safety net of traveling with my husband, and am setting off by myself into a part of the world known for its machismo and consequent harassment of women travelers. I am so glad I found this book! Five stars.

Helped elevate some of the apprehension of traveling alone. Good information given as to traveling within cities, what to see and making friends.

I liked this book. I found it helpful. But it didn't seem to make traveling solo any easier, especially for women. It just wasn't reassuring enough. I loved reading about the author jumping around from country to country with utter sang froid, but I do think she had a lot more contacts to smooth the way than the average person.

not my taste -- more of a packing guide! (prob outdated by now!!)

A must have for those who want to travel.

Most of this fat, readable book consists of traveling tips for women or what I'd call untraditional travelers - men or women who want not just to travel, but to get a good taste of other cultures. Scattered through the first half of the book are engaging tales, some by the author, some by others, of experiences most of us will never have, from travelers staying in the homes of natives (European or third world country families). The helpful hints are several steps above others I've read. Planning and packing, bartering (excellent tips on this - you can use them here!), money exchange, culture shock, knowing the language and alternatives, luggage options (complete with instructions on how to make your own money belt), food, alternate housing, and more. Although the only trips I'm planning for the next year are of the more mundane variety - to European cities with family members - as I read stories about women traveling alone or with friends in India, Thailand and other exotic places for 3 months and longer, I found myself thinking maybe I could do this - if only I could just drop responsibilities and go. (She offers a chapter with trip planning, several months out, outlining what responsibilities need to be dropped or covered, and how to do it!) Since I can't, reading this book gave me the feeling that I've at least shared the experience, while offering lots of information about how to "go" if ever I'm able. The resource section at the very end has a wealth of information. A good read for you, a gift for a wanna be traveler, a nice read for wistful couch potatoes like me.

This book was full of beautifully painted experiences and quotes from travellers other than the author. The author also shared a large number of experiences and ideas. Some of the tips for travelling, preparing, etc. were redundant, and occasionally I felt like I was being told something I already knew, but you can just skip over those pages (some people need to hear those things for the first time). Overall, this book was highly motivational and encouraged me to 'Just Do' and not to wait until I have enough time or money, or whatever. It motivated me to seek out new adventures

and helped me realize that there are other ways to see the world than going by yourself. You can take tours with companies that specialize for your interests. You can do homestays in countries and live with local families. You can travel alone, too, and there are plenty of safety tips on how to do it. Basically it reiterates the need to use common sense. It gives the ordinary woman courage to do something she may otherwise be fearing. I read this book in less than two days. There was a great resource index in the back. I recommend it to any woman trying to get up the nerve to travel solo, or try new adventures.

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