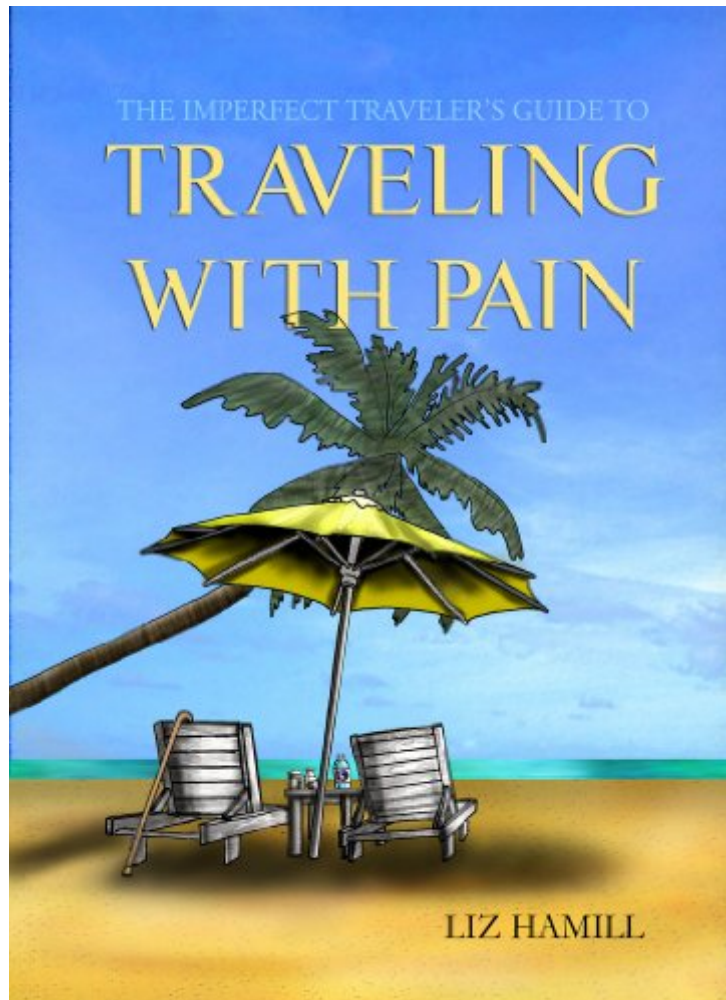




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Traveling With Pain (The Imperfect Traveler's Guide Book 1)



Synopsis

More than 70 million Americans endure chronic pain. So what could be more relaxing, stimulating, fun, and even pain-reducing than a vacation? The Imperfect Traveler's Guide to Traveling With Pain shows travelers with pain how to get out and explore new places while minimizing their pain and caring for their health. With simple tips and techniques, many gleaned from personal experience, Liz can help you get off your couch, out your door, and into the wide and wonderful world.

Book Information

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Customer Reviews

For anyone living with chronic pain who travels (or hopes to), this little book provides both encouragement and an amazing amount of useful information. As a chronic pain sufferer for many years, Ms. Hamill has drawn from her own experiences as a published travel writer Â Â Moon Northern California (Moon Handbooks). Traveling with Pain (The Imperfect Traveler's Guide) Â Â is broad in scope, covering everything from overnight getaways to weeks in a foreign country. It provides information on traveling by foot, car, bus, train, boat, and airplane. It also discusses both

outdoor adventures and indoor sightseeing. For a healthy individual who plans to travel with a family member or friend who suffers from any degree of chronic pain this guide would be invaluable. Even for those whose travel "disability" may be a relatively healthy old age or a strong-willed toddler, the guide is full of helpful information presented in a smooth, often witty, style. Divided into chapters, the book takes the reader through all phases of a trip--from the first dream of a destination to resting up afterwards. In the early chapters there are two self-assessment quizzes which help the reader decide how ambitious their trip should be and whether traveling alone is feasible.

Traveling with Pain by Liz Hamill is a must read for anyone who enjoys travel. In addition to covering tips on how and why; packing and preparing; getting there; sleeping and eating; sightseeing; outdoor adventures; shopping; night life; resting; recovery time after the trip; Hamill provides a list of resources that any traveler will find useful. Having travelled with pain at different times, as well as being a caregiver, I wish I would have had half these tips. Travelling with Pain will help you make that trip you've always feared you couldn't take, as well as improve those you do take. -Maralyn D. Hill, President, International Food Wine & Travel Writers Association.

Not just for those traveling with pain, but their companions as well! Traveling with a friend or family member who suffers from chronic pain can seem daunting. But this book is a great resource that helps everyone get the most joy out of a trip. The author really knows her stuff!

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