



Away Aware: A Field Guide to Mindful Travel (Hardback)

By Sara Clemence

Dovetail, United States, 2017. Hardback. Condition: New. Language: English . Brand New Book. As our daily lives are dominated by devices and an always-connected mentality, more people are using their precious vacation time as an excuse to unplug and re-engage with their surroundings--and themselves. Away Aware serves as a complete guide to more mindful travel, with tips and advice for planning off-the-grid trips, minimalist packing, unplugging on the road, connecting with local culture, traveling with children, and easing back into the real world after returning from a trip.



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