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## The A to Zen of Travel

By Sarah Tucker

New Generation Publishing, United Kingdom, 2014. Paperback. Book Condition: New. 202 x 132 mm. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.DO HOLIDAYS FILL YOU WITH DREAD Where do you go if you want to THINK, RELAX, BREATHE AND FIND YOURSELF AGAIN. And, just as important, where should you avoid? This book explores which climates and cultures are therapeutic for loneliness, anxiety, depression, lack of focus, anger management. Where feeds your soul. Established travel writer, author and broadcaster Sarah Tucker has spent twenty years researching those journeys and holidays which dramatically change the way we feel and think about ourselves - in a positive and negative way. The sun, sand and sea holiday most of us choose is not always best for our emotional well being, and one person's perfect break can be another's nightmare. THE A TO ZEN OF TRAVEL looks at the types of journeys that rid us of emotional baggage and those which add to it. Now training as a psychologist, Sarah has teamed up with Professor Edward de Bono to produce a seminal book which will change the way we choose and think about travel, for pleasure, for business, for life....

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