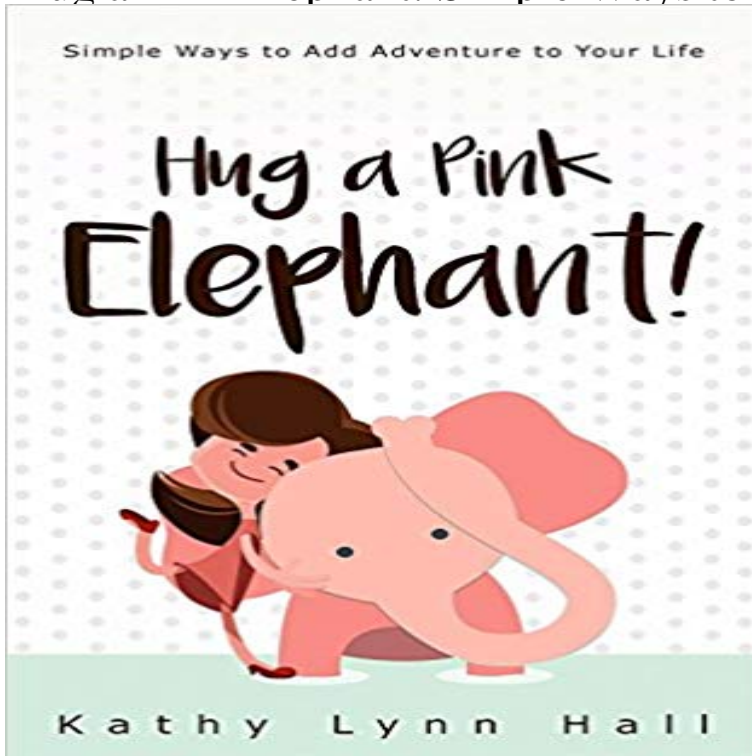


Hug a Pink Elephant: Simple Ways to Add Adventure To Your Life



Hug a Pink Elephant! Simple Ways to Add Adventure to Your Life This is the definitive how-to guide to uncovering more fun, joy and adventure by just pumping up your daily life or going for the BIG DREAM. The author, Kathy Lynn Hall, has lived quite an adventurous life herself and during her latest quest she found herself urging others, who were impressed by her solitary traveling, to escape the boredom of the standard holiday or vacation and branch out. That turned into this fascinating plan to help others embrace and explore the world rather than just pass through it each day. Change can be scary, but Hall teaches the reader how to get over that fear (and several others) with exercises, examples and motivations from a wide variety of sources. She also encourages her audience to take their time and work through issues that may be holding them back from experiencing a life of fulfillment and adventure. This self-help book offers some straightforward actionable solutions and insights to move the reader through their personal roadblocks to a more exciting life. As an international traveler, Hall includes some of her own experiences and has added interviews with travelers shes met as well as friends and acquaintances who have taken other types of risks and found a new lease on life. Her recent travel around S.E. Asia is what inspired Hall to write this book, and the title comes from her own experience with a pink elephant, as she explains early on in the book. Inside, youll find these topics and more: Living every day Begin small, but begin Attitude Boredom Changing your routine Living in the NOW Positive self-expectancy Growing a good obsession In others footsteps Giving things to yourself There is adventure everywhere Tilting the way you look at things Curveballs What you dont want Starting at the bottom Becoming a kid again Television

Adventure therapy Traditions that stop you Low cost, no cost adventures Exploration dates Learning as an adventure Putting yourself out there Lifestyle changes Scary stuff How Do You Define Adventure Now? Fear of failure Researching your adventure How to save for your big dream Knowing when to bail Fear mongers Doing what comes naturally Change Physical limitations Old habits do die hard Comfort zones Happy places Travel Perfectionism Support Late Bloomers Officially retired, Hall urges others not to wait until retirement but to start having the life they dream of now and hands them many solutions to get there. She views her eight months of travel through the Philippines, Thailand, Cambodia, Vietnam, Malaysia and Indonesia as the adventure of a lifetime. Yet Hall fully intends to continue her travels, first to Latin America and then into Europe. So, hopefully, we can expect more from this solo traveler. People seldom realize it but their adventure is completely doable if theyre willing to change, often just a little bit, says Hall. Halls book truly is filled with simple ways to add adventure to your life. Its a comfortable read, written in a conversational tone. Between her inspiring tales of her own life or her friends or the lists and practices she offers, it isnt hard to imagine yourself doing completely new and exciting things! Click on Look Inside to read the first 10% of Hug a Pink Elephant! and to see the actual photo of Hall hugging her own pink elephant.

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