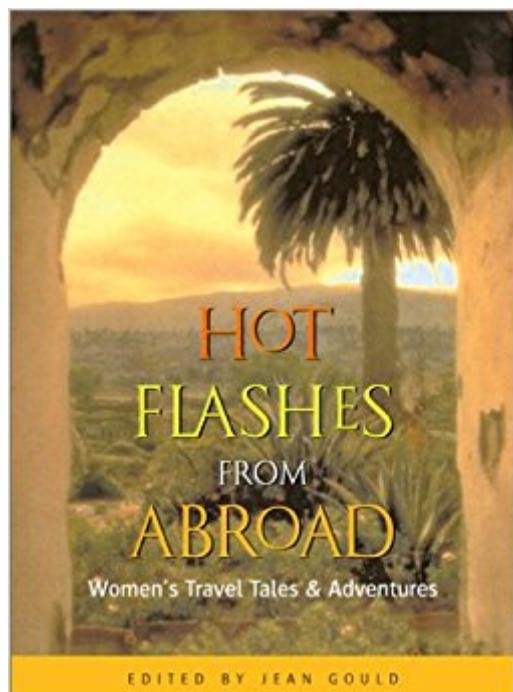


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Hot Flashes From Abroad 2 Ed: Women's Travel Tales And Adventures



Synopsis

Women's Travel Tales and Adventures Helen Thayer went to the North Pole on skis, accompanied only by her dog Charlie. Alexandra David-Neel was the first European woman to enter the forbidden Tibetan city of Lhasa. At the time of their treks, they were both over 50. Their stories, and 25 others, offer vivid proof that one's sense of adventure need not be hindered by age.

Book Information

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Customer Reviews

This may be one of those books that came into being because its title sprang to the editor's mind one day. In any case, it is a minor gem, a collection of new and reprinted writings by women over 50 on the themes of travel, athleticism, and adventure. Barbara Beckwith's "Nature Buddies" recounts a grandmother's attempts to introduce her infant grandson to the muddy, grassy, thrilling world outside. In Ginny NiCarthy's "The Agony and the Ecstasy," a 67-year-old woman with vertigo suffers herself to mount a camel for a journey through the Moroccan Sahara. And in "What Makes Grace Run?" Heather Remoff, a long-distance runner, describes her profound emotional connection to a woman who was killed by a hit-and-run driver while on her nightly run in a small Pennsylvania town. The size and shape of a travel guide, *Hot Flashes from Abroad* offers an affirmative twist on the venerable genre of the traveler's tale. --Regina Marler

Originally published as *Season of Adventure* (LJ 11/1/96), this eclectic mix of stories explores the travel adventures and inner journeys of women over 50. It now features a new cover, a brand new

introduction by editor Gould (Divorcing Your Grandmother), a smaller format more suitable for traveling, one new essay, and updated author bios. Alix Kates Shulman revels in the peace and isolation of a cottage on an island off the coast of Maine, digging for clams and coping alone with serious injury, while Alexandra David-Neel treks into the forbidden city of Lhasa and homesteader Elinore Pruitt Stewart tracks down and turns in moonshiners in Wyoming. From Alaska to the and on to the Sahara, these often eloquent and inspirational stories make it clear that for many of these women life after 50 has been more challenging and rewarding than before. However, a number of the stories, which are excerpted from full-length books, begin and end abruptly, and the brief biographical information on each author does not always provide the needed context. For larger public libraries, especially those that don't already own the original. Linda M. Kaufmann, Massachusetts Coll. of Liberal Arts Lib., North Adams Copyright 2001 Reed Business Information, Inc.

First read this book in 2001. This book celebrates the adventures of women around the world, and in their own communities. I was approaching 40 at the time and in that book I found hope and adventure waiting for me to pursue it. I was so inspired by the joy, hope, adventure and zeal for life these women shared in this book, at a time in their life where many women are slowing down and pulling back in the things they feel comfortable to do. So I gave it away and got another one, which I also gave away. I have reread it several times and have also tried to keep a few copies on hand to pass out to friends, acquaintances, or anyone I come across whom I feel will truly find it inspiring as well.

I am reading books to my 89-year-old mother. We enjoyed "The Unsavvy Traveler," subtitled women's COMIC tales of adventure. But despite the promising title, the "Hot Flashes" stories generally aren't funny. Many authors seem to be struggling to find something profound to say. All in all, a disappointing read.

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and Getting Relief from Menopause Symptoms by Editors of Prevention (Mar 26 2013) The Cognitive Behavioral Workbook for Menopause: A Step-by-Step Program for Overcoming Hot Flashes, Mood Swings, Insomnia, Anxiety, Depression, and Other Symptoms (New Harbinger Self-Help Workbook) Mayo Clinic The Menopause Solution: A doctor's guide to relieving hot flashes, enjoying better sex, sleeping well, controlling your weight, and being happy! The Hot Shoe Diaries: Big Light from Small Flashes The Miracle of Bi-identical Hormones: How I Lost My : Fatigue,Hot flashes, ADHD/ADD, Fibromyalgia, PMS, Osteoporosis, Weight, Sexual dysfunction, Anger, Migraines... The Hot Flashes: Award-Winning Senior Tap Dance Troupe The Snazzy Jazzy Nutcracker: Hot, Hot, Hot in 1929! Hot Hot Hot Hot Sauce!: Techniques for Making Signature Hot Sauces, with 32 Recipes to Get You Started; Includes 60 Recipes for Using Your Hot Sauces A CARIBBEAN FOOTBALLER'S GUIDE TO STUDY ABROAD: 93% of Caribbean footballers currently studying abroad in the United States of America are on some form of scholarship The Study Abroad Journal: Your Roadmap to an Epic Experience Abroad Studying Abroad/Learning Abroad: An Abridged Edition of the Whole World Guide to Culture Learning Study Abroad Paris: Your Complete Guide to an Amazing Study Abroad Experience Expat: Women's True Tales of Life Abroad (Adventura Books) Ã¢ÂÂ¤ Hot Girls Ã¢ÂÂ¤ Naked Russian Babes Ã¢ÂÂ¤ Full Nudity (Erotic Photography Of Women): Sex Pictures, Adult Photos Kindle, Sexy Photo Of Hot Ladies, Nudity Photo, Big Butt Photo, Sex Entertainment, Hookers The Best Little Study Abroad Book: Enlightening Tales and Must-Have Tips for Student Travel

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