

## The Solo Travel Handbook

### Lonely Planet

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Are you a good prospect for solo travel, or does the idea of finding yourself alone in a foreign place figure in your worst nightmares? According to the folks at Lonely Planet, solo travel is the “ultimate indulgence,” allowing you to come and go as you please—no compromises needed. If that sounds like your idea of fun, then this guidebook will whet your appetite for your first adventure. It may also fill in the blanks for more experienced solo travelers.

Solo travelers find that intuition, independence, and courage thrive, what’s really important in life becomes clear, simplicity becomes a joy, new ideas arise, and people actually learn to enjoy their own company. You don’t have to be an extrovert or hooked on adrenaline rushes to have fun, and going it alone is safe if you follow the book’s advice on choosing your destinations and behaving once you’re there.

With its quizzes, tips, apps, and solid information on budgeting and saving before and during travel, smart booking hacks, notes on tying up loose ends at home, and hints at saving on solo accommodations and packing like a pro (remember the duct tape!), this book will help every traveler make the most of their adventures.

There are also tips on things you might never think of, like the fact that bedbugs can hide in electrical sockets, how your new “best friend” at the hostel may not have your best interests at heart, ways to make your expensive gadgets unappealing to thieves, what to do when an ATM eats your card, and additional tips for women, including how to avoid attracting unwanted attention.

*The Solo Travel Handbook* will help you to design your best adventure ever. Read it and go!

KRISTINE MORRIS (January/February 2018)

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