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You Are Here: A Mindful Travel Journal



Synopsis

"No-one has ever seen this place in the same way you're seeing it right now, right here, in this moment." 'You Are Here' is a travel journal that takes you on your own internal voyage of discovery. By using simple mindfulness techniques you'll find ways to develop a happy, peaceful mind. Many people buy a beautiful notebook to take on holiday. For some, the emptiness of all those pages is daunting. 'You Are Here' guides you through a rich variety of exercises designed to help you thoroughly enjoy your gap year, city break, odyssey, holiday-of-a-lifetime, 'find yourself' journey or weekend away. You'll use fresh, creative thinking to save a memory on every page. Every moment is precious. Every moment is unique. Use this journal to live each moment to the max.

Book Information

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Customer Reviews

I wrote this book because my best friend went on a whistle-stop 10 day, 4 country tour of the Far East. The thought of all that travel, all those incredible sights and sounds was mind-boggling! I haven't been on holiday for, like, ages and I started thinking about the kind of memories and experiences I'd want to take from such an exciting trip. I've been practicing meditation and mindfulness in my life for the past 16 years, so as this is my mindset I figured a mindful travel journal was the most obvious basis for this book. I was really struck by the idea of saving a moment, a memory and pinning it on a page. So that was the basic idea for the book. I made a list of all the different types of experiences you have on holiday and developed it from there. As the theme of mindfulness is central to the book, it was very important that book 'walks the walk'...so I contacted Neil Kerfoot at the charity Village by Village to see if we could work with them. They were more than

happy to partner with us and "You are here - a mindful travel journal" supports the Clean Hands Saves Lives project. For me, this made beautiful sense; such a simple idea of washing your hands is a good fit for the simple mindfulness practice of simply breathing. I'm honoured and delighted to be working with Village by Village - they do amazing work with remote villages in Ghana. They build wells, schools, clinics, sanitation facilities and genuinely make a massive difference to the lives of the Ghanaian villagers. 10% of the profits of this book go to Village by Village.

Emma Clarke is a writer and broadcaster. She's an award-winning voiceover whose work can be heard all over the world. She regularly contributes to BBC radio and television programmes and also writes for the Huffington Post. She dabbles in stand-up comedy and has written and performed comedy and drama for radio, television, film and stage. She lives in Cheshire, England with her husband and two children.

This book is super cute. I plan to use it when my husband and I and go on vacation to the Bahamas. we will be in the airport for several hours flying to Florida. Although I do not want to ruin the entire book for myself, I did read a couple pages. The ones that I read were adorable and for the lack of a better term very mind opening? The book kind of points out things that you should look at differently or to pay more attention to you and I really enjoyed that. I cannot wait to use this book and documents my vacation with my husband and have something to look at a few years down the road and really remember what happened

just great! thanx!

good for kids; good prompts.

it will be great on my upcoming trip

Think again: would you really have time on your trip to write this? I regret the purchase. Maybe cute as a gift

I ordered this journal for an 11y/o girl and liked it okay, but didn't feel like it was appropriate for her age. It is more geared toward adults as there is some more mature content in the form of humor. For example, one of the statements said something like "if you wake up drunk in a jail cell wearing a

clown costume that smells like ponies, that is your business." There was another comment about self-flagellation and that if you pack an instrument of self-flagellation in your luggage, that is your business. If you don't mind these types of comments, it is a neat little journal and is thought provoking - encourages you to really be in the present moment and appreciate it and reflect upon it. Gives plenty of space to write and add drawings or doodles. Most of the pages are unlined, so give you freedom to be a little more creative.

I've suffered from depression on and off for a long time and have come a long way in the last 6 months when I started therapy for some recent issues. I also get some secondary anxiety and indecision issues to go along with it. I'm planning a road trip all across the united states to last a couple months for this coming summer and bought this journal as a travel companion to help me guide myself. I cracked it open a few weeks ago while I'm still in the planning phase and it is perfect! Lots of space for doodling, thought logging, guided mindfulness exercises, beginners meditation walkthroughs, areas to help you prep for your trip where you can stick ticket stubs, write contact numbers, etc. And all this stuff is prompted for you. I mean this thing is beyond perfect. Got me started on some meditation exercises and has really helped me maintain a calm demeanor. I'm so excited to fill it up when I'm traveling.

I love this journal. I'm pretty intimidated by a blank journal to write my journeys down (I backpack travel a lot), so having some simple prompts/ideas for before, during, and after the journey is pretty awesome. I've recommended it to fellow travelers, too!

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