



Travel Therapy: Where Do You Need to Go?

Karen Schaler

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For some, the only way to get over a break-up is to keep moving; for others, the only solace is a spa vacation. Tired of the same old routine, one woman might opt for a trip where the sole focus is helping others; another may decide that the only real escape is a Girlfriend Getaway with her best friends. According to three-time Emmy-Award winning author Karen Schaler, the only way to change your attitude is by changing your environment—and Travel Therapy is the guide to help you get there. With 101 unique destinations, Travel Therapy is geared toward helping readers refresh and find themselves, whether they're dealing with a breakup or divorce, celebrating retirement, or looking to shake things up. Every chapter includes quizzes, travel tips, and extensively researched links to the best destination-specific websites to help you figure out the perfect destination for you. From daring destinations to soothing spa escapes, Travel Therapy is your road map to self-discovery, happiness, and success—whether it's zip-lining in Belize, helping orphaned children in Africa, or beachcombing the Caribbean.

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