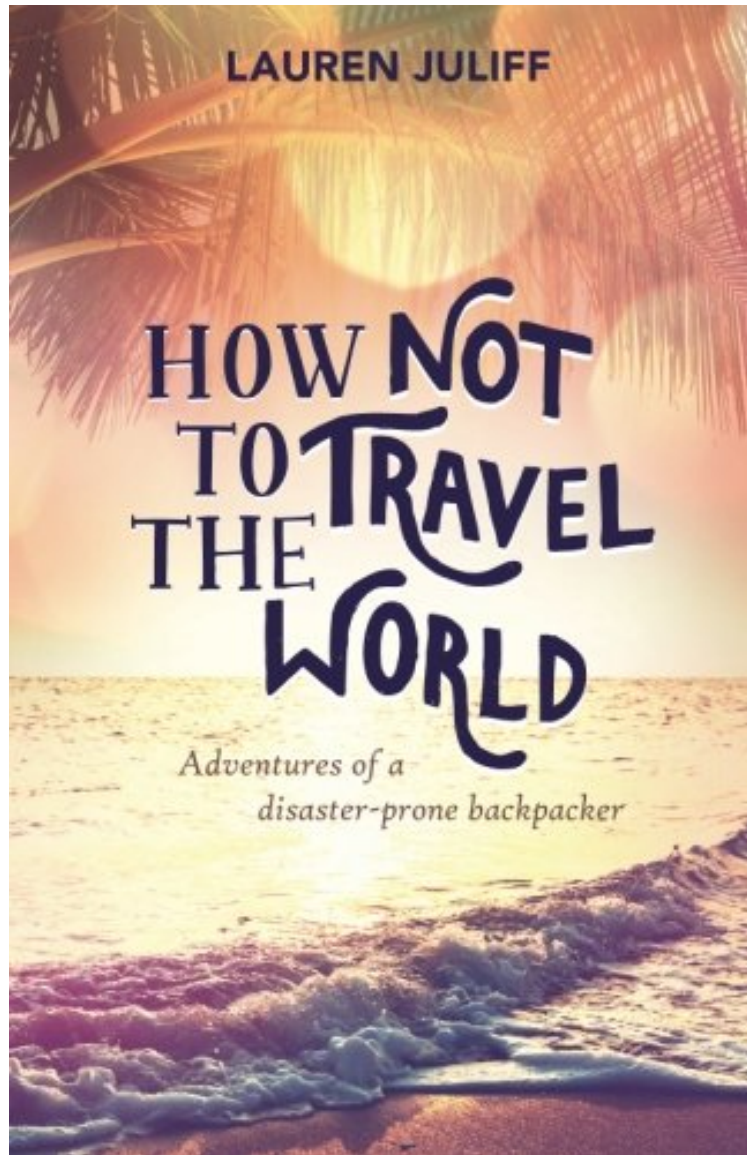


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## How Not to Travel the World: Adventures of a Disaster-Prone Backpacker

*Lauren Juliff*

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#482791 in Books 2015-08-12Original language:EnglishPDF # 1 7.81 x .81 x 5.06l, #File Name: 151535900X322 pages | File size: 36.Mb

**Lauren Juliff : How Not to Travel the World: Adventures of a Disaster-Prone Backpacker** before purchasing it in order to gage whether or not it would be worth my time, and all praised How Not to Travel the World: Adventures of a Disaster-Prone Backpacker:

10 of 11 people found the following review helpful. Amazing and Inspirational BookBy AlexI found this book to be

an absolutely amazing book. As someone who suffers from anxiety, although not nearly as intense, and wants to travel this book is a great inspiration to get out there and conquer my fears. The simple yet descriptive story telling kept things on an accessible level that had me reading from the start. I actually picked this book up after looking on [whatsdavedoing.com](http://whatsdavedoing.com), a blog that Dave, one of the characters runs. I bought it on complete impulse and was quite happy I did. I powered through it in under a week, it was hard to put down! The crazy things that happened in this book are all learning experiences and I hope to have a couple when i'm done. I have seen some people complain that this book is only for 20 somethings that don't have any responsibilities. I think those people are just jealous that they never took the first step to having an exciting life and settled and are taking it out on the poor author. Also, this book is for 20 somethings. Its kind of who it was written for, its weird to hear a complaint for a books audience. That'd be like me, a computer scientist, picking up a book on medicine and complaining that this book will only interest medical professionals. Well duh, that's what it was written for! Overall I thought this book was amazing and incredibly inspirational for anyone who is trying to get over their anxiety or just wants to expand their horizons and travel the world. Thanks for writing the book Ms. Juliff.

2 of 2 people found the following review helpful. All the Juicy stories of mishap whilst traveling  
By BayaJack  
The writing was well done and the first few sentences captured my attention. Solo Travel and just travel in general is of interest to me but not only the places, instead I love listening the stories and there were a good number of them in this book. I do recommend it as a good read, but beware it is not a "travel book" in the sense that it is not going to give pointers on travel - it's just the juicy, cringe-worthy, mishap stories that keep you shaking your head whilst reading.

1 of 1 people found the following review helpful. If You Love Travel Memoirs, This is For You  
By Kory Gott  
I've been reading a lot of travel memoirs lately, and Juliff's debut is well-composed, interesting, and somewhat humorous as she recounts her horrifying travel experiences. Afraid of nearly everything, and having never even eaten rice or eggs, Juliff decides that she will face her fear of the world--of certain death--by traveling. Descriptive accounts of her escapades make me long to reach for my passport, while at the same time they make me shudder because I am often subject to catastrophe. (Although, knock on wood, I've been able to laugh off my travel disasters because I know that I must be flexible and roll with the surprises that aren't always so fun, but they DO make for excellent stories.) And that's precisely what Juliff does with this breakout memoir of her adventures: she tells of her misadventures in a way that any seasoned backpacker can look at and chuckle because we can relate. Different from most travel memoirs, but in a good way! I'm also happy to know that Juliff is still adventuring and blogging, always pushing herself to try things that just may lead to her impending doom...even if it's just eating some unique food from a street vendor.

It was hitting rock bottom that convinced Lauren to quit her job, sell everything she owned, and travel the world alone. It wasn't an easy decision: she suffered from debilitating anxiety, was battling an eating disorder, and had just had her heart broken. Not only that, but she had so little life experience that she had never eaten rice or been on a bus. She had hoped leaving everything behind would help her find and heal herself, but instead Lauren's travels were full of bad luck and near-death experiences. She was scammed and assaulted; lost teeth and swallowed a cockroach. She fell into leech-infested rice paddies, was caught up in a tsunami, had the brakes of her motorbike fail, and experienced a very unhappy ending in Thailand. It was just as she was about to give up on travel when she stumbled across a handsome New Zealander with a love of challenges... *How Not to Travel The World* is about following your dreams, no matter how many curveballs life throws at you. Its about learning to get out of your comfort zone, finding the humour in messed up situations, and falling in love with life on the road.