



discussed in detail. Helpful suggestions make the reader a wiser traveler and raises his level of sophistication above that of the conventional tourist. The author's goal is to help the reader to see the difference between a sightseer who waits to have things happen to him and the traveler who seeks adventure. From her first venture, a summer in Europe with the American Youth Hostels, to cruising in style on the Queen Elizabeth 2, the author presents a variety of educational, exciting, and memorable experiences. She has traveled all of the United States, much of Mexico and Central America, a significant portion of Canada, around the world, over the Pole, and down under to Australia. She feels that her willingness to travel "solo" has been an important factor in accomplishing these goals.

About the AuthorThe author was born Adeline Kulig on a Wisconsin farm in 1927. She earned a Bachelor's Degree in speech therapy from the University of Illinois, a Master of Arts in speech and language pathology from Northwestern University, and worked toward a doctorate in behavioral sciences. She has traveled all of the United States, most of Mexico and Central America, a significant portion of Canada, around the world, over the Pole, and down under to Australia. When unable to find a travel mate, she found traveling "solo" very exciting and rewarding. For forty years she enjoyed a successful career in speech and language pathology, during which she published professional articles in scholarly journals. In 2002 she successfully published her memoir entitled, *Angels in my Valley*.