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From Full Flight Press : The Solo Traveler's Handbook by Janice Leith Waugh (2011-06-28) before purchasing it in order to gage whether or not it would be worth my time, and all praised The Solo Traveler's Handbook by Janice Leith Waugh (2011-06-28):

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helpful. book reviewBy Barbra J. Buehlgood advice for a first time solo traveler