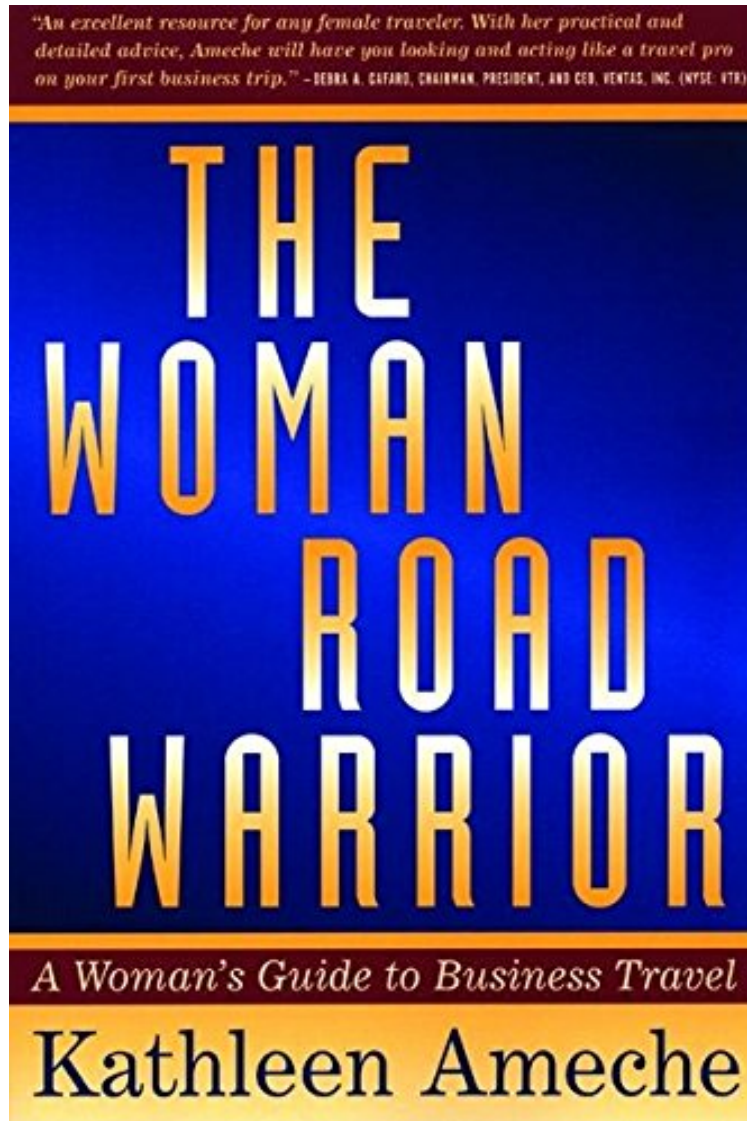


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## The Woman Road Warrior: A Woman's Guide to Business Travel (Agate)

*Kathleen Ameche*

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#5323443 in Books Agate B2 2005-05-20Original language:EnglishPDF # 1 .58 x 6.06 x 9.00l, #File Name: 1932841091180 pages | File size: 26.Mb

**Kathleen Ameche : The Woman Road Warrior: A Woman's Guide to Business Travel (Agate)** before purchasing it in order to gage whether or not it would be worth my time, and all praised The Woman Road Warrior: A Woman's Guide to Business Travel (Agate):

3 of 3 people found the following review helpful. Great guide for novice warriors.By R. KenyonNew to the not-so-glamorous world of business travel? Heard tales from other women travelers that curl your hair? This book tells it

straight - all the things you need to know to navigate the world of travel agents, hotel clerks, and restaurant menus. She tells the stories and dispels the myths in great style. Helpful sections include finding inexpensive travel, staying fit on the road, and things to watch for to stay safe in a strange city. Her stories are well-told, and the tips are excellent - a thoroughly enjoyable book. As a road warrior for over ten years, I found that everything she says in the book is absolutely accurate. I found myself nodding over many of her illustrative stories, thinking, "yes, that happened to me in the Sheraton in Philadelphia." And that, ultimately, was the disappointment for me. I learned nothing new. The sections on living long-term in a strange city read as though she had always stayed in large cities for a week or less - it's different when you spend 6 months living in a Comfort Inn in Boulder, Colorado. However, I have recommended this book for all my colleagues who are new to the road (men and women - the guys can learn a lot from this as well!), I think there's another book she needs to write for the more experienced traveler. 3 of 3 people found the following review helpful. It will save you time, money, and anxiety. By Midwest Book Review

**The Woman Road Warrior: A Woman's Guide To Business Travel** by Kathleen Ameche covers every aspect, facet and issue women who engage in traveling for business must consider, endure and resolve. Such issues as using travel agents vs. self-planned travel agendas and itineraries; evaluating the diverse amenities offered by different airlines; airfare flexibility vs. having variable schedules; dealing with airport security, luggage check-in, boarding passes; traveling by train, bus or automobile; staying comfortable and safe when traveling solo; staying fit while traveling; maintaining family life and household duties while having to be "on the road". The Woman Road Warrior is enhanced with appendices offering quick and easy reference information including travel websites, airline hub cities, credit card issuers, and packing lists. If you are a woman who must spend hours, days, weeks, or even months traveling for business (or pleasure!), then you need to give a careful reading to *The Woman Road Warrior* -- it will save you time, money, and anxiety. 3 of 3 people found the following review helpful. Great ideas and tips for all travelers! By C. Larson

I just got back from holiday in Ireland. On the return flight, I experienced the excruciating pain that is a head cold, mixed with the pressure adjustment on the plane. I had no idea what to do, having never felt that way before! When I got home, a friend handed me this book, and almost immediately in flipping through it I landed to the pages on how to battle a head cold, leading up to - and during a flight. If only I'd had this book before my trip! An added bonus to this book is that it comes with tips and checklists. I feel better prepared for my next trip and wonder how I travelled without it! My only request: When can we expect the international version?

*The Woman Road Warrior* shows you how to take control of the business travel process. Kathleen Ameche debunks travel myths and demonstrates concrete ways to solve every kind of on-the-road challenge. It's the first book to present practical and time-tested-yet up-to-the-minute-tips for today's business professionals: Travelers of all levels of experience, from the new college graduate to the veteran road warrior, will benefit. Bring the same level of ownership, control, and responsibility to your business travel that you maintain in other areas of your life. *The Woman Road Warrior* shows you how to be at your most productive while staying sane, healthy, and in control on the road. Learn how to: navigate the air travel maze get the best hotel room pack the perfect suitcase troubleshoot stressful situations parent effectively from the road stay fit and healthy entertain yourself without sitting in your hotel room

Kathleen Ameche is a senior executive with West Monroe Partners, formerly worked as chief information officer of the Tribune Company, and has done extensive business travel for more than 20 years. She is the founder and president of the Ameche Group, a company that focuses on being a trusted friend, ambassador, and champion for working women. She lives in Chicago with her family.

**About the Author** Kathleen Ameche is the President of Ameche Group LLC, a company she founded to be a friend and champion for businesswomen, based on her 20-plus years of professional experience. She is also vice president of business development for West Monroe Partners, LLC, a business and technology consulting firm. She lives in Chicago with her family.