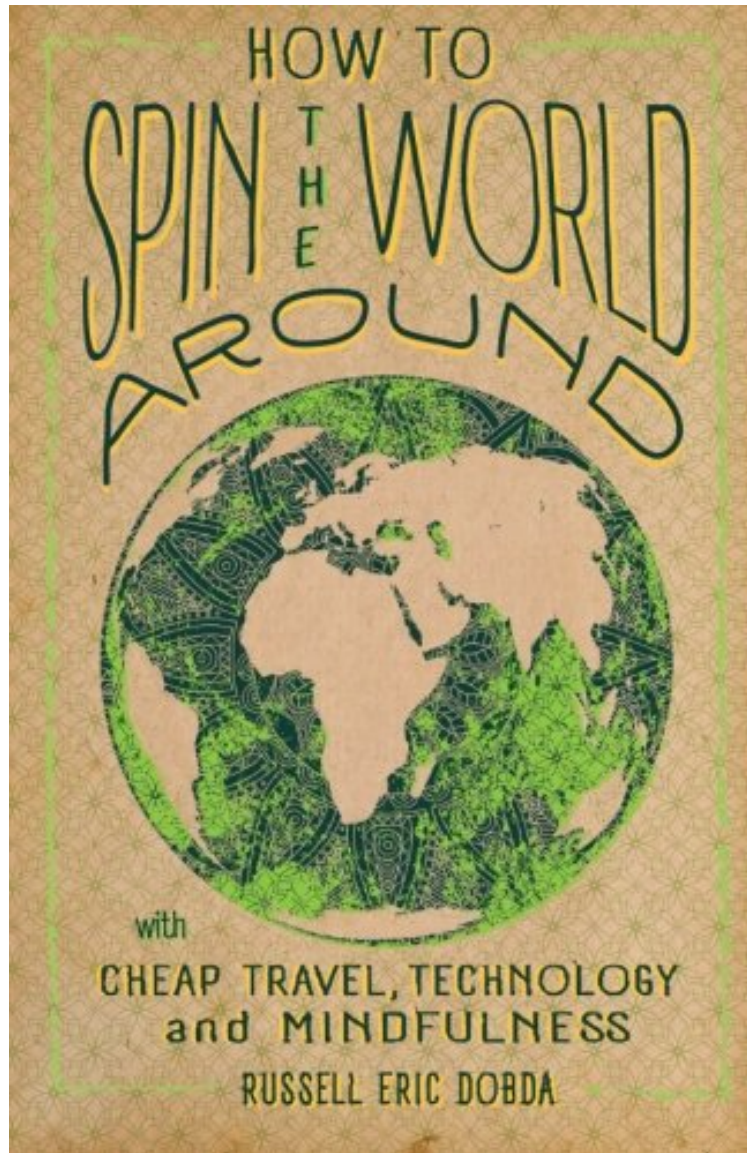


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## How To Spin the World Around: With Cheap Travel, Technology and Mindfulness

*Russell Eric Dobda*

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**Russell Eric Dobda : How To Spin the World Around: With Cheap Travel, Technology and Mindfulness** before purchasing it in order to gage whether or not it would be worth my time, and all praised How To Spin the World Around: With Cheap Travel, Technology and Mindfulness:

1 of 1 people found the following review helpful. Great book for travel hostBy Julie F.This is such a great little book. I travel a lot and enjoy couchsurfing. I think this makes a great gift for hosts, and the people I've stayed with have seemed to enjoy it.2 of 2 people found the following review helpful. Dobda's insight on travel are a must read for anyone ...By RRBDobda's insights on travel are a must read for anyone thinking of exploring our world. Don't leave home without reading it!1 of 1 people found the following review helpful. This book is a great how to travel guideBy MacroThis book is a great how to travel guide, base on the authors experiences, in particular a 2013 trip in which he circumnavigated the world. I liked the authors focus on being a mindful traveler and meeting local people. I think some people will read the book, find a kindred spirit and set out to travel the way the author did. But even if you prefer a more traditional form of tourism - the book is filled with practical travel tips and good suggestions. Some of the advice that I thought was the most spot on related to using social media when traveling to: save money, make friends with locals and get a better idea of what life is like outside the tourist traps. There was good advice on things like: the advantage of getting a local cell phone card and on how to save money by purchasing plane tickets from local ISPs as opposed to using an IP address or site that immediately identifies you as an American. He also demonstrates the money that can be saved by not buying a round trip ticket. While I think this book would be most helpful for the college age adventurer who is short on cash, good with technology and wants to be immersed in local culture while traveling, any avid traveler will likely find enough good advice to make the cost of the book worthwhile.

Save thousands of dollars on your next vacation and live like a local! After traveling around the world for a year of romantic adventure, Russell Eric Dobda shows you how. This wanderlust guide outlines how to use a smartphone as your personal travel agent to find the best flight deals and places to stay while you adopt a mindfulness practice to make your travel dreams come true. Whether you are a seasoned traveler or about to leave home for the first time, learn how to go deeper for cheaper with this amazing travel methodology and philosophy.

Dobda gives a smattering of ways technology can aid traveling the world on a minimum budget, while gaining the most out of the trip by seeing each location as if you were a local rather than a tourist. He rounds out the book with a philosophical view of travel, allowing you to expand on your experience. This book is recommended for all who want to travel locally or around the world. About the Author Russell Eric Dobda circled the planet to visit 24 countries on 38 flights that averaged less than \$100 each while he slept for free and lived an inspiring yearlong adventure. He had the time of his life without knowing a soul yet lived like a local everywhere he went. Along the way, he developed a system that others can use to see the world on a shoestring and create rich experiences at the same time. With half of Americans letting vacation days go to waste, Russell can use his expertise to help them enjoy the vacation they never thought they could afford. He is an expert on how to make the most of travel technology and how to travel mindfully.