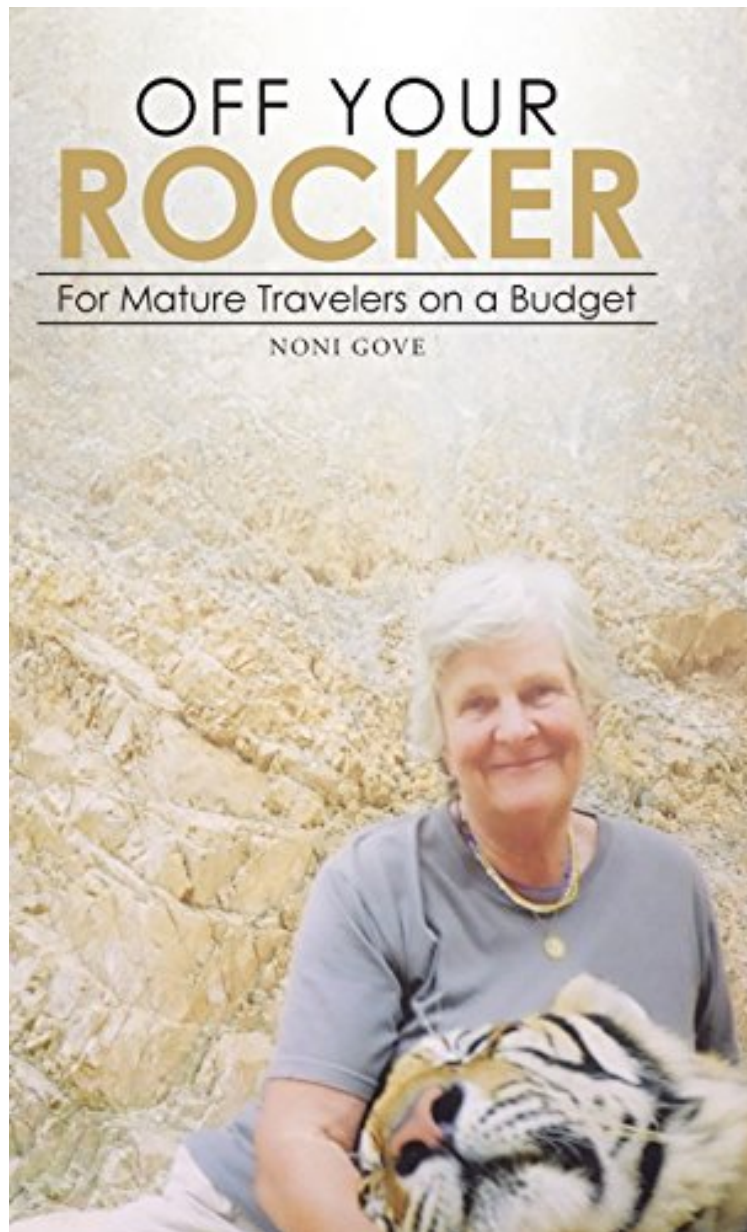


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Off Your Rocker: For Mature Travelers on a Budget

Noni Gove

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#6648137 in Books 2014-11-22Original language:EnglishPDF # 1 8.50 x .88 x 5.511, .0 #File Name:
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Noni Gove : Off Your Rocker: For Mature Travelers on a Budget before purchasing it in order to gage whether or not it would be worth my time, and all praised Off Your Rocker: For Mature Travelers on a Budget:

Author Noni Gove began to travel at the age of fifty-one, a backpacking trip for six months, taking in eighteen countries from the United Kingdom, to Europe, to Scandinavia, and Asia. It was her first real adventure, but it wasn't her last. In *Off Your Rocker*, she couples her descriptions of her wide array of traveling experiences with advice to help others plan and take their own memorable trips. Now in her mid-seventies, Noni continues to travel the world, loving to get off the beaten track and learning about unfamiliar ways of life, culture, traditions, and religions. Having now visited nearly seventy countries, she enjoys riding camels and horses, bikes and Segways, kayaks and paddle boards. *Off Your Rocker* shares a host of her traveling tips: What to do if you are new to traveling What to take and what to leave behind How to prepare for traveling Questions to ask when going anywhere How to leave your comfort zone How to save for and afford a trip Although this advice is geared toward encouraging mature travelers to get off their rocker and take an adventure, Noni's narratives and tips from her personal experiences serve explorers of all ages.

About the Author Noni Gove started travelling the world in 1989 and has never stopped. She is an author, volunteer, remedial massage therapist, laughter leader, tennis player, Qi Gong practitioner, intrepid traveler, meditator, and Camino walker. An Australian, she lives at vibrant Bondi Beach. Noni's other publications include: *We Managed and Lift Your Spirits*.