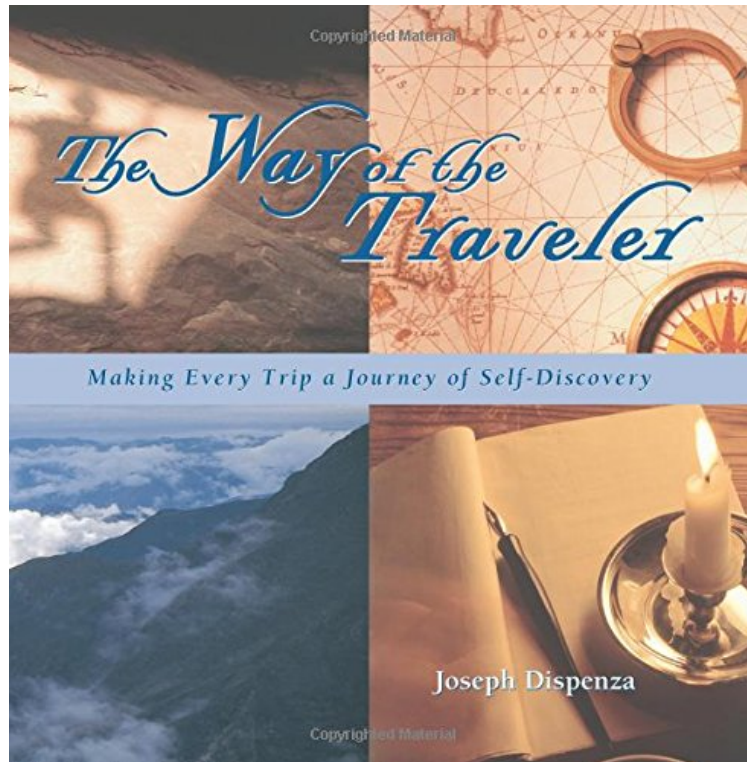


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# The Way of the Traveler: Making Every Trip a Journey of Self-Discovery

Joseph Dispenza

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**Joseph Dispenza : The Way of the Traveler: Making Every Trip a Journey of Self-Discovery** before purchasing it in order to gauge whether or not it would be worth my time, and all praised The Way of the Traveler: Making Every Trip a Journey of Self-Discovery:

0 of 0 people found the following review helpful. We Can All Be Heroes By Being More Mindful By Stevelm1 I am about to walk the Camino de Santiago and was looking for some insight to making my walk more spiritual. Through out the book Joseph suggests ways to prepare for any journey, things to do while on the journey and things to do when you return, all to make the journey more meaningful. He uses the ancient hero analogy to give emphasis to this guide, his suggestions and exercises. If you are searching for having more meaning in your life, or on a journey you are about to take (or just want to take) you might find things in this book that will help. He comes from a spiritual perspective, not a religious view. 0 of 0 people found the following review helpful. Poor print quality By Margaret M. Thomas Not finished with the book but am having trouble reading it because of the print quality of the pages. It's as if they were xeroxed on a defective machine. Very distracting and makes it hard to follow the ideas and concepts in the book. 0 of 0 people found the following review helpful. My best travel book ever By Monet D. Lion This is my travel bible!! Love it!

Winner of the Lowell Thomas Travel Journalism Award, this illustrated guide is a collection of short essays that discuss how travel can raise consciousness, promote spiritual growth, and deepen life experiences. Drawing on his

experience as a monk, lecturer, and co-founder of a holistic healing institute, Joseph Dispenza helps readers understand that all travel is a sacred journey to self-discovery. Dispenza encourages readers to keep a journal of feelings, sketch what they see, and transform themselves in other ways to enrich their lives, whether they are going overseas or just across town. "The book ... consists of essays, meditations and practical exercises; each chapter is graced with evocative photos and incisive quotations.... " -- Armchair Traveler

The day before I was about to take a trip, "The Way of the Traveler" arrived in the mail. Serendipitous, you might say. No indeed, the author Joseph Dispenza would reply. He has trained himself through the study of Jungian psychology and other spiritual disciplines to see every event, however trivial, as a means to gain understanding and insight into one's spiritual life and purpose. Instead of tossing the book on top of my stack of "to do" materials, I sat down in the morning sunshine and started reading. I am so glad I did! Whether you take many business trips every week, travel once a year to some faraway clime, or never leave your comfortable armchair, "The Way of the Traveler" can be useful. This book offers us the possibility to live more credibly, whether we're traveling or not. But certainly when we do hit the road, we are issuing a desire for some sort of transformation, and it's worth considering what that change is or can be. Rosemary Zibart is a writer in Sante Fe, New Mexico. -- BookPage, December 1999

About the Author  
Gabrielle de Cuir is a Grammy-nominated and Audie Award-winning producer whose narrating credits include the voice of Valentine in Orson Scott Card's Ender novels, Ursula K. Le Guin's The Tombs of Atuan, and Natalie Angier's Woman, for which she was awarded AudioFile magazine's Golden Earphones. She lives in Los Angeles where she also directs theatre and presently has several projects in various stages of development for film.