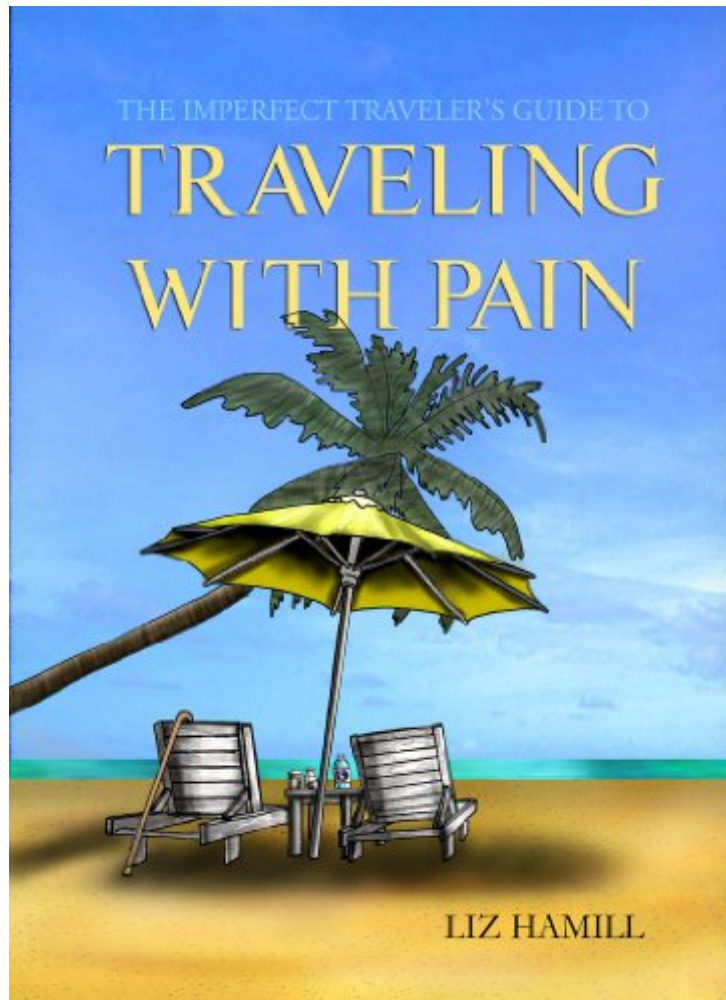




Ebook Directory
the best source of ebook

The book was found

Traveling With Pain (The Imperfect Traveler's Guide Book 1)



Synopsis

More than 70 million Americans endure chronic pain. So what could be more relaxing, stimulating, fun, and even pain-reducing than a vacation? The Imperfect Traveler's Guide to Traveling With Pain shows travelers with pain how to get out and explore new places while minimizing their pain and caring for their health. With simple tips and techniques, many gleaned from personal experience, Liz can help you get off your couch, out your door, and into the wide and wonderful world.

Book Information

File Size: 242 KB

Print Length: 108 pages

Simultaneous Device Usage: Unlimited

Publisher: Ursa Major Books (April 21, 2011)

Publication Date: April 21, 2011

Sold by: Digital Services LLC

Language: English

ASIN: B004YTFCWO

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Not Enabled

Lending: Not Enabled

Screen Reader: Supported

Enhanced Typesetting: Enabled

Best Sellers Rank: #1,766,355 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #73

in Books > Travel > Specialty Travel > Special Needs #7764 in Kindle Store > Kindle eBooks > Nonfiction > Travel > Specialty Travel

Customer Reviews

For anyone living with chronic pain who travels (or hopes to), this little book provides both encouragement and an amazing amount of useful information. As a chronic pain sufferer for many years, Ms. Hamill has drawn from her own experiences as a published travel writer in Northern California (Moon Handbooks). *Traveling with Pain (The Imperfect Traveler's Guide)* is broad in scope, covering everything from overnight getaways to weeks in a foreign country. It provides information on traveling by foot, car, bus, train, boat, and airplane. It also discusses both outdoor

adventures and indoor sightseeing. For a healthy individual who plans to travel with a family member or friend who suffers from any degree of chronic pain this guide would be invaluable. Even for those whose travel "disability" may be a relatively healthy old age or a strong-willed toddler, the guide is full of helpful information presented in a smooth, often witty, style. Divided into chapters, the book takes the reader through all phases of a trip--from the first dream of a destination to resting up afterwards. In the early chapters there are two self-assessment quizzes which help the reader decide how ambitious their trip should be and whether traveling alone is feasible.

Traveling with Pain by Liz Hamill is a must read for anyone who enjoys travel. In addition to covering tips on how and why; packing and preparing; getting there; sleeping and eating; sightseeing; outdoor adventures; shopping; night life; resting; recovery time after the trip; Hamill provides a list of resources that any traveler will find useful. Having travelled with pain at different times, as well as being a caregiver, I wish I would have had half these tips. Travelling with Pain will help you make that trip you've always feared you couldn't take, as well as improve those you do take. -Maralyn D. Hill, President, International Food Wine & Travel Writers Association.

Not just for those traveling with pain, but their companions as well! Traveling with a friend or family member who suffers from chronic pain can seem daunting. But this book is a great resource that helps everyone get the most joy out of a trip. The author really knows her stuff!

[Download to continue reading...](#)

Traveling with Pain (The Imperfect Traveler's Guide Book 1) Back Stretching: Back Strengthening And Stretching Exercises For Everyone (lower back pain, healing back pain, stretching exercises, back pain treatment, ... pain relief, stretching, back pain Book 1) Imperfect Girl, 1 (Imperfect Shoji) Hip Flexor Pain: The Ultimate Guide to Fix Tight Hip Flexors and Cure Tight Hips Life! (hip flexors, hip pain, hip flexor stretches, hip flexor, hip pain relief, hip joint pain, hips) Traveling In Venezuela For Women (Traveling In South America For Women Book 1) 10 KEYS TO UNLOCKING HAND PAIN: Increase blood flow to ease pain & regain your strength, power & flexibility in 5 minutes a day (10 Keys to Unlocking Pain Book 2) Knee Pain: Treatment for beginners - 2nd EDITION UPDATED & EXPANDED - Knee Pain Relief, Cure and Exercises to overcome your knee problems (Knee Problems - Knee Pain Cure - Knee Hurt Book 1) MARIJUANA: Guide To Illness And Pain Management (Medical Marijuana, Pain Management, Cannabis, Epilepsy, Cancer Treatment, Chronic Pain) Scoliosis Prevention and Treatment: The Ultimate Guide to Health, Fitness, Dieting, Recovery and Growth: osteopathy, alternative medicine, yoga, contemporary ... Back Pain, Pain

Relief, Pain Management,) Spanish Phrasebook: The Complete Travel Phrasebook for Traveling to Spain and So: + 1000 Phrases for Accommodations, Shopping, Eating, Traveling, .Madrid, Barcelona, Buenos Aires, Peru. BRAZIL: PORTUGUESE TRAVEL PHRASEBOOK The Complete Portuguese Phrasebook When Traveling to Brazil: + 1000 Phrases for Accommodations, Shopping, Eating, Traveling, and much more! SPANISH PHRASEBOOK: THE COMPLETE TRAVEL PHRASEBOOK FOR TRAVELING TO SPAIN AND SOUTH AMERICA: + 1000 Phrases for Accommodations, Shopping, Eating, Traveling, ... Madrid, Barcelona, Buenos Aires, Peru) PORTUGAL PHRASEBOOK: THE COMPLETE PORTUGUESE PHRASEBOOK FOR TRAVELING TO PORTUGAL.: + 1000 Phrases for Accommodations, Shopping, Eating, Traveling, and much more! ((Portugal Lisbon Porto Travel)) Classification of Chronic Pain: Descriptions of Chronic Pain Syndromes and Definitions of Pain Terms Fixing You: Hip & Knee Pain: Self-treatment for IT band friction, arthritis, groin pain, bursitis, knee pain, PFS, AKPS, and other diagnoses Foot Pain: Ingrown Toenail: How To Become Stress Free And Easily Cure This Nasty Nail Disease Today From The Comfort Of Your Own Home (Foot Pain, Foot Problems, Foot Pain Relief, Foot Reflexology) TMJ Temporomandibular Joint Dysfunction - Causes, Symptoms, Treatment, and Pain Relief For Your Jaw Pain (How to Get Rid of Jaw Pain & Headaches Due to TMJ) Pain by The Authors of Pain: The debut poetry collection from WWE tag team and literary powerhouse The Authors of Pain. Japan: The Ultimate Japan Travel Guide By A Traveler For A Traveler: The Best Travel Tips; Where To Go, What To See And Much More (Japan Travel Guide, ... Guide, Japan Tour, History, Kyoto Guide,) Travel book New Caledonia: Travel journal. Traveler's notebook. Carnet de voyage Nouvelle Calédonie. Diary Traveling

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)