

## Excerpted Reviews

### **USA Today – March, 2007 by Jayne Clarke**

The benefits of traveling solo are well documented. Going it alone means no arguments over itineraries, directions or timetables. Solo travelers can better soak up their surroundings. They're more approachable. They may be more open to new experiences. Moreover, solo travel builds character. Or that's the premise behind a passel of books urging women travelers to get out there on their own. USA TODAY's Jayne Clark peruses several new guides aimed at the lone wandering woman.

Wanderlust and Lipstick: The Essential Guide for Women Traveling Solo by Beth Whitman (Globe Trekker Press, \$17.95)

In a nutshell: A pep talk for the timid and the indecisive — a sort of you-can-do-it! primer for the gal who hasn't been out much — with or without companions. Advice ranges from basic booking strategies to health considerations.

Author's creds: A veteran solo traveler who teaches workshops on the topic.

Sample advice: "To stave off unwanted advances from men, wear a wedding ring (fake, if need be) ..."

### **McClatchy Interactive – August, 2007 by Karla Mass**

Her hot tips on travel range from immunizations to packing lists. But what sets this guide apart from all the others are the entertaining anecdotes from several courageous women. Every traveler has a story, and the author includes her very own humorous, but sometimes risky adventures.

"Wanderlust and Lipstick" ... finally ... a travel guide worth reading!

### **Foreword Magazine – May/June 2007 by Elizabeth Millard**

In her guidebook, Whitman offers a range of useful tips about packing, ticket purchases, tipping, and all the usual fodder that make up travel tomes. But blended with the practical advice is deeper, more compelling guidance designed to persuade women that traveling alone isn't selfish, dangerous or expensive. It's difficult, Whitman acknowledges, and she travels with relentless gusto, like a well-versed travel agent who's sipped the local wine, slept on hostel beds, and camped in the middle of the Australian outback.

Whitman proves to be a crackerjack travel advisor as well, tackling numerous topics in a breezy, no-nonsense tone.

### **Shelf Awareness – April, 2007 by Marilyn Dahl**

Beth has amassed tips and information from both her own travels and from hundreds of women who have participated in the workshops. Obviously she is enthusiastic about travel and wants to empower women to get out of town.

### **Library Journal – February, 2007 by Alison Hopkins**

For the planning stage and for first-time travelers, there is Whitman's book, which is full of specific details regarding how to pack and how to book a trip. This one is best for the nervous newbie.