

## Testimonials/Blurbs

“Wanderlust and Lipstick’s thorough collection of useful information for solo female travelers guarantees preparedness for anyone getting ready to take on an adventure. The anecdotal stories reinforce the truth that the world appreciates the adventuring spirit and welcomes it with open arms.”

**Tania Aebi – Youngest person to sail around the world solo and author of Maiden Voyage**

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“Whether you’re an experienced traveler or a first timer, this book is a valuable reference that reinforces the fact that women can travel solo. It’s filled with real-life stories and practical tips told in a humorous and reflective style. Beth truly inspires women to reach for their dreams.”

**Stacy Allison – First American woman to summit Mount Everest and author of Beyond the Limits: A Woman’s Triumph on Everest**

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“Wanderlust and Lipstick is a treasure trove of information, encouragement and inspiration for solo women travelers. I heartily agree with Beth’s philosophy, “Believe me. You can do it!”

**Nevada Wier – Professional travel photographer and author of Adventure Travel Photography**

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“Once you lower the barrier to entry by reading this book and start traveling you’ll find that you discover as much about yourself as about the places that you’re going to.”

**Betty Ann Boeving – World Traveler and Tour Guide**

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“I found Wanderlust and Lipstick to be an excellent resource for anyone who travels (or might be thinking of traveling, wants to travel more, is nervous about traveling, etc.). While it’s obviously geared toward women traveling on their own, I think the benefits from this book are more widespread. I believe people that are already traveling the world, as well as those who have never ventured outside of their hometown, can appreciate and learn from this book. Beth seamlessly weaves all of her personal, heartfelt stories (as well as those from other women she interviewed for the book) into the content of each chapter. Every one of us can relate to at least one of those stories (her feelings, thoughts, fears) as well as the theme of each of her chapters. The tone is very direct but is always on point with lots of witty remarks and humorous anecdotes. In fact, she emphasizes over and over the importance of getting beyond all of the never-ending reasons/excuses we all make for ourselves for not traveling more than we do. Beth notes that everyone can make their travel dreams come true, regardless of your individual situations (marital status, budget, job, etc.). Another invaluable part of the book is the extensive list of useful websites referenced throughout the book. This is a “must read” for anyone with a passion for travel.”

**Stacey Davis – Business Traveler**