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YOU ONLY LIVE ONCE - LONELY PLANET (9781838696023)

Description du produit

Live your best life with this guide to 250+ travel experiences and start planning a lifetime of adventures. Whether you have an hour, day, week, month or year, discover how you can make the most of every precious moment. From seeing the sunrise at summer solstice, to camping off-grid or climbing a volcano, this is your guide to a life well-lived.

This book is not just another bucketlist of big ticket trips: it is a promise to live life to the fullest. Explore five awesome time-themed chapters and find inspiring ideas on how to add a dash of joie de vivre to your everyday. Let your inhibitions go when you skinny dip in Australia's Alexandra Bay; care for rescued sloths at a Pacific Coast sanctuary in Costa Rica; or bikepack through America's East Coast Greenway. You'll even find exhilarating tips to help you face your fears; reignite long-forgotten desires; and spark new and unexpected ambitions.

Inside You Only Live Once 2nd Edition:

- More than 250 rejuvenating ideas for trips to inspire your personal growth so you can live an illuminated life
- Five uplifting chapters for an Hour, Day, Week, Month and Year that are bursting with fun suggestions on places to visit, sights to behold, vibrant carnivals and festivals, out-of-this-world food and fulfilling activities to nourish the mind and soul
- Insightful essays from local experts and award-winning writers that explore sustainable and responsible ways of travel, humbling and awe-inspiring experiences and spiritual connections with our natural world
- Featuring stunning illustrations, maps, infographics and empowering quotes, all presented in a modern, visually inspiring hardback format

You Only Live Once 2nd Edition is the new, updated edition of the bestselling You Only Live Once by Lonely Planet. Whether you're travelling for a week or a year, or simply looking to seize the day with mindful and creative activities, this wonderful book will inspire the explorer in all of us. Gift this life-affirming guide to anyone who is dreaming of making a change to their every day or about to embark on an adventure. It's time to start living!

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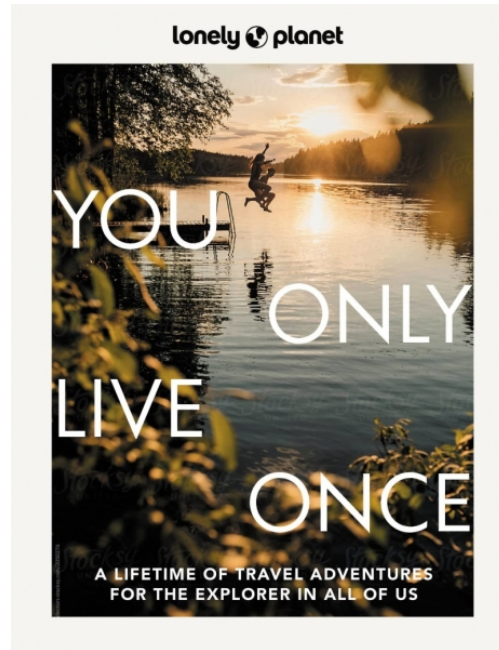
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Photo principale



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