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# Camp Like A Girl: Finding Health And Wellness In Nature. A Cargo Van Conversion Story.



## Synopsis

In this humorous memoir and technical guide, Sara Riley Mattson shares the story of converting her cargo van into a mold-resistant camper in order to pursue a full recovery from mold toxicity and biotoxin illness. Along the way, she charms with her intimate writing style and dedication to helping others live well, be healthy, and explore our beautiful world. Excerpt: I also needed to feel safe, and I didn't feel safe at all in a home made from drywall and particle board cabinetry. With the exception of high-quality hardwood, whenever I looked at the way houses were made now, it was like looking at mold restaurants. "Welcome to our new restaurant, Mr. and Mrs. Mold. On the menu tonight we have some damp drywall, a nice assortment of ply woods and particle boards, and some fantastic dusts we have been letting age in the duct work. If you'd like to stay for a while, we have some special dust-filled insulation and carpet I think you will find quite cozy. Oh, and of course, for the benefit of any little mold children that might come along, we have the full assortment of anti-fungal paint and fungicide-resistant genes already in full complement in our facilities. All mold offspring from this establishment have shown full resistance to these rather pitiful human attempts to control our numbers." •Praise for *Camp Like a Girl*: "The authenticity is warm & palpable. I feel like I sat around a campfire with a new friend who somehow already knew me and from whom I learned much, not just about conversions and overcoming illness, but about life, especially about resilience and how tenacity, when tempered with gratitude and optimism and sprinkled with creativity, doesn't strain your forearms or leave your fingers permanently clenched. It gives you freedom to let go of fear and lay hold of peace and joy." - Brooke Young

## Book Information

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## Customer Reviews

This is a great, thorough resource for individuals wanting to go on the road for any reason in a van conversion -- but especially for those who may need to do so while seeking healthier environs. Informative and entertaining vignettes of her journey are peppered with step by step with photos / and how-to suggestions. The fact that the conversion materials used and the approach to mobile camper van living have also improved the author's health immensely stands as a hopeful guidepost for many others in similar circumstances.

If you're environmentally sensitive, you need this book. If you're looking for advice for a simple, manageable van conversion, you need this book. And if you happen to fall in both categories, you've hit the jackpot! Sara's matter-of-factness in discussing the essential strategies for dealing with biotoxin illness is so refreshing. Because so few doctors understand it, patients are often left on their own in figuring out how to manage it. But this book will leave them a lot less on their own. Reading it, you feel like you have a warm, smart, practical friend who has already trodden this path. The book is a gift to anyone dealing with this disease. And she spells out her strategies in her own conversion in helpful detail, explaining the exact materials she used and her reasoning for choosing them. Regardless of whether you choose to follow her exact approach, you'll get to root through her treasure trove of great ideas.

I really loved the optimistic tone of this book and the pictures and descriptions of the products that Sara used. I only wish she had also discussed what could be used for air conditioning in hot climates. Oh, and I'm curious as to how her and her partner supported themselves while driving around and camping. Highly recommended to anyone dealing with biotoxin illness

Reading this little book gave me so much encouragement and hope! Sara Riley Mattson has an "I can do it" spirit that I'd like to share. She figures out a solution and goes for it, piece by piece and bit

by bit. None of the "I can't start until I know my way to the end" obstacles that I'm constantly throwing up in my own path. Nope, she forges ahead with simple straightforward steps and gets the job done well. The end result camper van is cute and functional, and her instructions are easy to read and easy to follow. Thank you, Sara, for encouraging me to step out beyond my fear of failing and just go for it! What a great read you've given us!

The world needs more stories like this, stories about healing and recovery from environmental illnesses. Though *Camp Like a Girl* includes many brilliant ideas and clever strategies for converting a camper and healing from mold illness, its real beauty is that from start to finish it is full of optimism and hope. This woman can write. I can't wait for her next book, *Migraine*, to come out."

Excellent! I couldn't put it down. Very informative. Being a biotoxin sufferer myself with MCS, I truly appreciate all the valuable insight and references. I highly recommend it to anyone affected by biotoxin illness-including family, friends, and medical personnel

Great book. I have a lot of chemical sensitivities and in recent years have developed severe allergies to mold. This is my dream, to create my own van/camper and hit the road south to Arizona and dry air. The author gives lots of details about how she added a bed, shelving and cabinets to a transit van. Also, added some decorative touches. Good book.

Love this book!!! Sara you can cheer for me as this is the first book I've finished since my program in 2009. Thank you so much for sharing your knowledge and I pray both of you continue to heal.

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