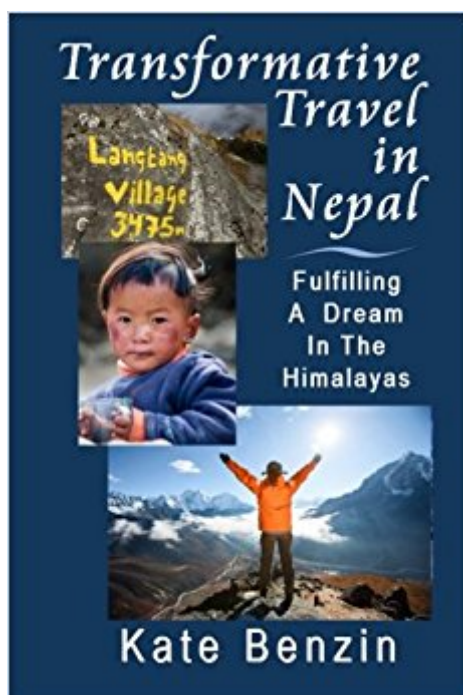


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Transformative Travel In Nepal: Fulfilling A Dream In The Himalayas



Synopsis

Fullfilling a dream!Â Â Kathmandu. Nepal. The Himalayas.Â An exotic area of the world that many people dream about visiting. Kate made that dream come true.A casual phone call to a friend sparked the fulfillment of Kate's lifelong dream of traveling to Nepal in order to trek in the Himalayas. She jokingly mentioned to her friend Kay who was planning to start a new exercise routine that they could get fit on a trip to the Himalayas.Within just a few weeks, Kate and Kay found themselves on a plane on the way to the adventure of a lifetime:- seeing the gorgeous snow-capped Himalayas in person so close that it seemed that Kate could just reach out her hand to touch themÂ - trekking for days into areas that only the most adventurous travelers ever reach.What Kate learned about herself during the challenging and sometimes excruciating, but always stimulating, adventure of trekking at high altitude over rough terrain truly transformed her in ways that often did not become apparent until many years later.Follow along with Kate as she learns more about how to expand her limits so that she can truly fulfill her dream. And maybe you will find yourself motivated to fulfill your dream as well.At the end, read a sample of Kate's bookÂ How To Find The Heart Of Bali, an introductory guide to social and cultural Bali.Scroll up and click the buy button in order to start reading now.

Book Information

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Customer Reviews

PRAISE FOR TRANSFORMATIVE TRAVEL IN NEPAL: FULFILLING A DREAM IN THE HIMALAYAS!5 stars - "This is a well written true life adventure of the author's first big trek in the Himalayas. Ms. Benzin shares both the highs and the lows in a down to earth, real-person narrative that will inspire and captivate your own travel imagination."5 stars - "Charming and

Inspriational - Kate Benzin is one of my new heroes. Who else but a real-life hero, out of shape and overweight and older than the typical Himalayan trekker, would dare just show up in Nepal -- in off-season no less -- fully expecting everything to just work out?"

Travel has been my passion for as long as I can remember, and going to the Nepal Himalayas was one of my life-long dreams. In *Transformative Travel in Nepal: Fulfilling a Dream in the Himalayas*, I share my true story about the adventures I had and the challenges I faced in the process of fulfilling this dream. There were times when I questioned my sanity, but my experience in the Himalayas became one of my proudest achievements. I hope you enjoy going along with me on my glorious adventure - take this opportunity to live vicariously as I satisfy my desire to see the Himalayan Mountains up close and personal. Scroll up and click the buy button to start reading now.

I thoroughly enjoyed reading this book about Kate's journey with her friend Kay to the Himalayas. First I loved reading Kate's history. She's an independent person who has had many adventures in life and seems fearless. This book describes how she realized her dream of trekking in the Himalayas. It's also a book about personal growth, uncertainty, courage and victory. It's also about FUN! Kate's book is very well-written. Her narrative is engaging and I felt like I was right there on the Langtang Trek with Kate and Kay. There are some beautiful photographs in the book. The book is also beautifully formatted. I think most people who read this book will be inspired to take their own personal journey. I highly recommend this book.

I was intrigued by this book. I have never been near the Himalayas, and imagine I never will now, but Kate Benzin brought the experience to me. Understandably assuming that she could deal with the trek in an ordinary way, she introduced the issues that beset her as the days passed, and it is easy to feel her developing concerns. Not that this is a depressing documentary, or catalogue of woes - no, Benzin manages to engage with many side stories and little known (to me) facts that bring the book to life, and make it a gripping read. It is a very personal story of challenge and incident. Add to this the fact that, unlike an increasing number of books in these days of easy publishing, it is excellently written and edited, and includes several maps and photographs, and it is an enjoyable delight. An eye-opening read for those who have the spirit of adventure!

What a wonderful, inspiring, reassuring book for anyone who's ever thought about making travel an adventure. I've traveled often, and it's always been an amazing learning experience. However, this

book was especially timely for me because my 20-something son is about to follow in my footsteps with an extended travel adventure of his own. It's funny how calm I am about my own travel, but hyper-anxious about my children's similar adventures. Reading this book, I exhaled, because this conveys the importance of following your dreams, even when they fall somewhere between impractical and downright risky. And, this book also reminded me of the miracle of serendipity, when you're pursuing a dream. It reminded me that, when you're truly "on the path" (in Kate's case, literally), things can show up from nowhere to assist you on the journey. For anyone who's ever thought about traveling -- especially when it's a trip that's more spontaneous than some ultra-safe (and mundane) organized tours -- this is a book to read. And, as a mom, if your kids are planning an adventure that involves travel to foreign lands, this is the book to read. I think you'll exhale and relax more, as well.

I had to give this book 5 stars because it reminded me that I still have time to reach my dreams and goals. I can relate to the author because I grew up wanting to be a "tour guide." As a child I grew up in Europe and was able to travel to over 22 countries, but as an adult I rarely find time or money to get out of my own state and (sadly) I work in the Travel Industry. I am coming to a crossroads in my life this next year and the ability to travel without the need to care for a child is fast approaching and it has been weighing on my mind. I started thinking and learning about opportunities that might be able to break me from the 9-5 cubical farm and this book has inspired me to think about what I WANT my life to be, instead of what I THINK my life should be. I get that the reality of a dream can sometimes be harder than what you anticipated, but I don't want to have too many regrets as I get older and I realize that if she could do this, then maybe I can do the things I dream of. Bravo! It was well written, and the personal information made this story real for me and I rooted for her the whole way through.

I can identify with the author's desire to trek in the Himalayas. The breathtaking beauty, the culture, and the excitement of doing something most people have never done has got to beckon scores of thrill seekers. That being understood, not many travelers are able to put the reader in their shoes as they embark on the journey of a lifetime - most people except Kate Benzin, that is. From the first page I was hooked. I could feel the author's desire to be different, to carve a niche for herself in the world and make her mark. What I especially like about this book is that Ms. Benzin is just a regular person. She's not a seasoned athlete, or even a weekend warrior - instead she is like the rest of the world - couch-potato-fluffy, soft, and seasoned. She doesn't hide that fact. And it makes her all the

more endearing. More than once I rooted for her as she overcame obstacles and doubted her sanity in taking the trek in the first place. She dug deep and found strength that only comes from within. The setup to this story is delightful. It's a tale of a very creative woman who needed her job to work for her, not the other way around. She had opportunities, education and a good work ethic, but she took time to think about what she really wanted out of life and she went after it. Bravo! From creating the perfect job to following her dreams, Ms. Benzin makes the reader feel that "If I can do it anyone can," and makes one realize that all of a sudden all those hopes and dreams you have bottled up inside for years could become achievable goals. I loved the pictures in the book. Although Ms. Benzin's rich tapestry is multi-colored and woven with brilliant imagery, it was exciting to see the real thing. I highly recommend this uplifting read - soon you'll be revising your own bucket list - I know I am. Kate Benzin makes the reader realize that dreams do come true!

Having traveled to Nepal myself, I always enjoy reading other's stories of their trips to this remote, yet beautiful and intriguing country. I do think Kate focused more on her physical unpreparedness for the journey & health issues more than her actual experiences and the people she met.

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In the Himalayas: Journeys through Nepal, Tibet, and Bhutan
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