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Body, Mind, and Solo: Seven Keys to Conquering the World Alone

By Teresa Rodriguez

Balboa Press. Hardcover. Book Condition: New. Hardcover. 114 pages. Dimensions: 8.6in. x 5.7in. x 0.6in. An inspiring guide packed with simple steps to empower your life. - Christine Comaford, NY Times Bestselling Author of Rules For Renegades Where Eat, Pray, Love stops; Body, Mind, and Solo continues and expands with valuable advice on how to create your own exciting adventures. - Sophie Azouaou, Examiner Columnist and Media Personality These seven keys will unlock your imagination, ignite your passions, and give you the roadmap you need to conquer the world alone. Teresa Rodriguez met an Australian surfer in San Francisco; within months of this chance romantic encounter, she packed up her meager belongings and hopped on a plane to Australia-as a married woman. While things didn't work out with the man, she did fall head over heels with the Land Down Under . . . and with traveling. During her difficult separation, Teresa took to the friendly skies to find some solace, inner peace, and time alone. She spent weeks traveling alone and returned to Australia single and broke, but not broken. The new confidence she gained from traveling shined; once back in Australia, she was signed by a modeling agent and...



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