

TRAVEL REAL

How solo backpacking can change your life



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The author of this book does not give medical or educational advice and does not recommend any ideas presented as a treatment for medical, physical or emotional problems without the direct or indirect advice of a physician. The only intention of the author is by the means of storytelling to inspire you in your quest for physical, emotional and/or spiritual healing.

for the adventurous soul in you
aching to be set free

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How to travel your way through

Before I take you on this life-changing journey with me, I would like to clarify how the book was written.

The reason I chose to write in English, although my main language is Dutch, is because in this way I feel truly connected to express myself. By writing in English, I can reach more people, hands down everyone I crossed paths with along the journey. It is both an emotional as practical consideration.

After having introduced myself, I will first talk about the events that gave me strength to step onto the one-way flight. Then we are going to travel together through Southeast Asia. Both parts can be read as a journal. They are memories and impressions who left their mark on me. At the end of each subchapter, you can find the mistakes I made whilst visiting a certain country, the tips and tricks.

An important note, as mentioned in the copyright section, is that I am not writing from educational or medical background. Just fresh out of experience. There is no good or wrong way to heal but the six months solo backpacking did do their magic for me. I changed and bloomed in ways I did not think would be possible. May

Travel Real

this inspire you to chase your wildest dreams too. The world is waiting for you.

Interesting to keep in mind is the word *travel*. For me traveling is not going on a classic vacation, staying at an all-inclusive or doing typical tourist things. Traveling is a state of mind. It is taking the road less travelled by, searching for those not so fancy places where you can feel the beating history. That is when you travel *real*. When you are no longer afraid to see.

Lastly, I will share what no one tells you about solo backpacking. Golden truths social media does not show. The final call takes us to a few closing thoughts from me.

Throughout the book I aspire to deliver an honest, unscripted and uncensored perception of Travel Real. The things you usually do not see, a behind the scenes of what goes into solo traveling. Moments where everything goes wrong. Moments of doubt. All the things in the slow yet beautiful process of healing. The real thing.

But for now, buckle up and enjoy the journey.

Ivy