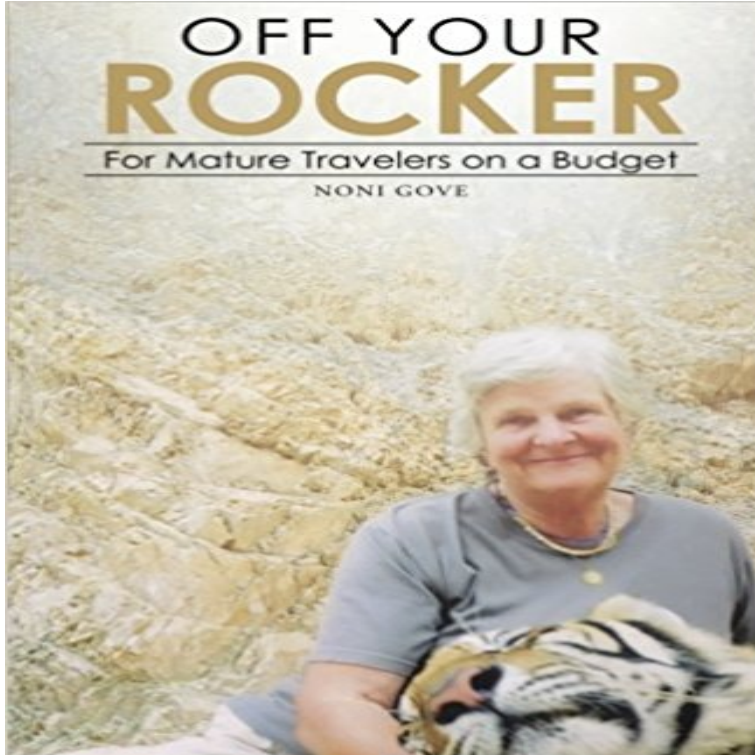


## Off Your Rocker: For Mature Travelers on a Budget



Author Noni Gove began to travel at the age of fifty-one, a backpacking trip for six months, taking in eighteen countries from the United Kingdom, to Europe, to Scandinavia, and Asia. It was her first real adventure, but it wasn't her last. In *Off Your Rocker*, she couples her descriptions of her wide array of traveling experiences with advice to help others plan and take their own memorable trips. Now in her mid-seventies, Noni continues to travel the world, loving to get off the beaten track and learning about unfamiliar ways of life, culture, traditions, and religions. Having now visited nearly seventy countries, she enjoys riding camels and horses, bikes and Segways, kayaks and paddle boards. *Off Your Rocker* shares a host of her traveling tips: What to do if you are new to traveling What to take and what to leave behind How to prepare for traveling Questions to ask when going anywhere How to leave your comfort zone How to save for and afford a trip Although this advice is geared toward encouraging mature travelers to get off their rocker and take an adventure, Noni's narratives and tips from her personal experiences serve explorers of all ages.

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