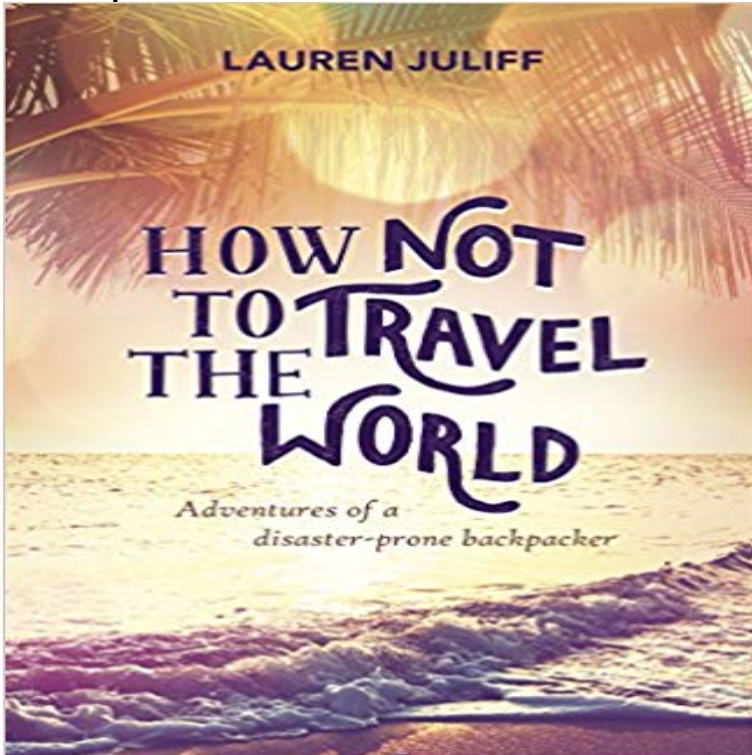


How Not to Travel the World: Adventures of a Disaster-Prone Backpacker



I had no life experience, zero common sense and had never eaten rice. I suffered from debilitating anxiety, was battling an eating disorder and had just had my heart broken. I thought by leaving to travel the world I would instantly become a glamorous and savvy backpacker. But somehow Lauren's travels were full of bad luck and near-death experiences. Over the space of two years, instead of finding herself, she lost a laptop, a camera, \$1,000 and some teeth. She was caught up in a tsunami, sat beside a dead woman for six hours and experienced a very unhappy ending during a massage in Thailand. But repeatedly being forced out of her pea-sized comfort zone helped Lauren realize that she was stronger than she once thought and, learning how NOT to travel the world was the most enlightening experience she could have hoped for.

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