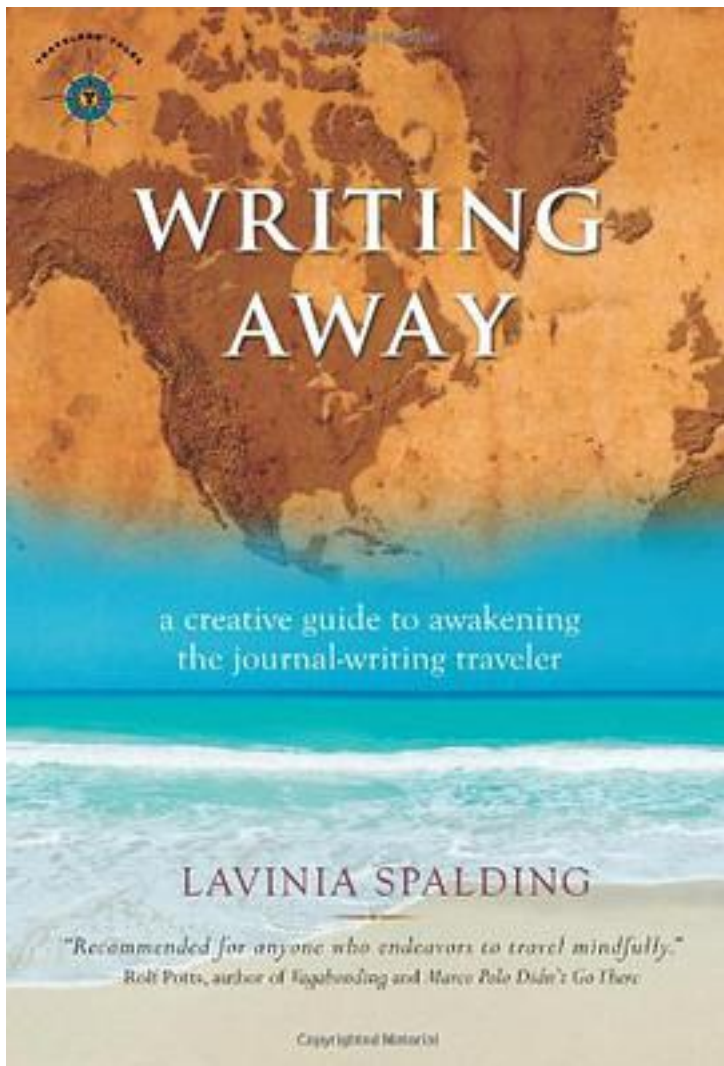


# Writing Away



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出版者:Travelers' Tales

出版时间:2009-8

装帧:平装

isbn:9781932361674

Two major trends have recently swept the travel world: the first, an overwhelming desire (thanks to Elizabeth Gilbert's bestseller, *Eat, Pray, Love*) to write one's own memoir; the second, an explosion of social media, blogs, twitter and texts, which allow travelers to document and share their experiences instantaneously. Thus, the act of chronicling one's journey has never been more popular, nor the urge stronger.

*Writing Away: A Creative Guide to Awakening the Journal-Writing Traveler*, will inspire budding memoirists and jetsetting scribes alike. But *Writing Away* doesn't stop there; author Lavinia Spalding spins the romantic tradition of keeping a travelogue into a modern, witty adventure in awareness, introducing the traditional handwritten journal as a profoundly valuable tool for self-discovery, artistic expression, and spiritual growth.

*Writing Away* teaches you to embrace mishaps in order to enrich your travel experience, recognize in advance what you want to remember, tap into all your senses, and connect with the physical world in an increasingly technological age. It helps you overcome writer's block and procrastination; tackle the discipline, routine, structure, and momentum that are crucial to the creative process; and it demonstrates how traveling while keeping a journal along the way is the world's most valuable writing exercise.

作者介绍:

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