

BLONDIE

HOLIDAY ISSUE 2019

Outfit Inspirations

For Thanksgiving,
Christmas Eve,
and New Years!

Holiday Gift Guides

FOR EVERYONE ON
YOUR LIST!

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*Creating the
most fabulous
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Travel Through Your Life Transitions!



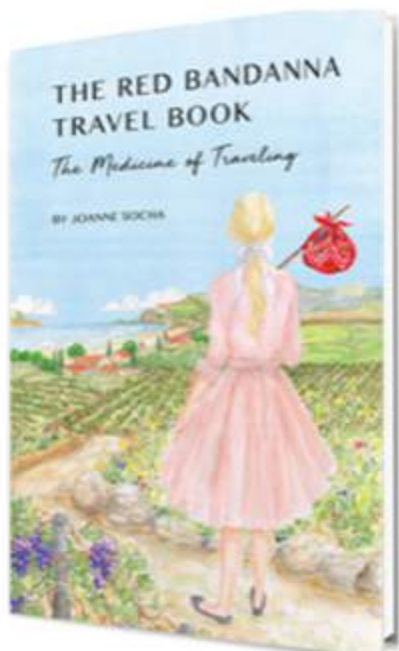
I recently had the chance to talk to Joanne Socha, author of Red Bandanna Travel Book: The Medicine of Traveling, and lawyer turned luxury travel advisor/Owner of Travel Far and Well about her thoughts about the Pre-Trip Journey and Solo Travel. Here is a snapshot of our convo:

Suzanne: Joanne, tell me about the pre-trip journey.

Joanne: Thanks, Suzanne! I am all about the pre-trip journey! It can be just as rich and insightful as the trip itself. I believe that we are lured to particular destinations for a reason, and it is important to unearth what that reason is before leaving. Equally desirable before embarking is to leave sorrows, anxiety and many of the other burdens that life's transitions can throw our way behind. That way we can be receptive to the surprises awaiting us at the destination.

Suzanne: Sounds wonderful, Joanne but easier said than done? How do women in our age range, who might be dealing with empty nest, career change, leaving a marriage or entering one, aging parents, achieve this?

Joanne: Please don't do what I did, which is fester like a ram-in-a-rut for ages. I laughingly say that I had a series of unfortunate events (10 years!) with a happy ending (or hopefully, middle). In order to extricate myself from the parade of horrors I devised a framework with travel as the lure. It was my healing series of steps. And I poured them into my signature program called Race Down The Runway To Your No. 1 Trip.



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to run all the angles before you go so you are in within your comfort zone....but not entirely.

Suzanne: You recently hiked the Kumano Kodo trail in Japan. How was that?

Joanne: Oh Suzanne, I am not a hiker. But it is an ancient pilgrimage trail, the sister to Camino de Santiago in Europe, and I was drawn there by a remarkable picture of the Nachi Taisha shrine a colleague sent me years ago. So I took my own advice, figured out what the magnetic pull was, and off we went. This wasn't a solo trip as my husband was also drawn there for his own personal reasons.

Once I knew why I was being called there, and figured out what I could leave behind I had cleared the decks for what the Japanese call a 'forest bath' - five days of hiking, onsens, staying at traditional Japanese inns and ryokans. It was magic.

Suzanne: What nugget can you share with women before we close?

Joanne: It has to do with you, actually! You are such an inspiration, Suzanne. I share your love of fashion and it is one of the components I love to experience on my solo trips.... whether it be Paris Fashion Week or just looking in shop windows and dreaming.....seeing what women around the world are wearing and how they are presenting themselves creatively to the world.

So my parting wish would be for women to continue to be inspired by women like you, express themselves through fashion and see Their World!

Thank you, Suzanne, for having me! And Happy Inner Travels.

I hope inspired ones will visit me at joannesocha.com and follow me on Instagram: [instagram.com/travelwelljo](https://www.instagram.com/travelwelljo)

Suzanne: What is your concept of healing travel?

Joanne: My mission, Suzanne, is to help women heal and fall in love with Their World. While I do believe that all destinations heal, most of it is done before you even step foot on the plane. So you don't necessarily have to go to an Ashram in India or for a detox in Switzerland, although those are lovely. There are a series of steps I devised to get you on that plane without your psychic baggage in tow. And you'll travel with self knowledge, so even if current trips are falling flat future ones don't have to. If you want to learn more about the first step I take when long-ing for a trip, go here: <https://courses.joannesocha.com/pl/90113>

Suzanne: Now what about Solo Travel? Why the big push by you for women to experience places alone?

Well, don't get me wrong. I am all for sharing the beautiful world with a friend, spouse, kids, pets, etc! But every year for the last seven I have made it a point to take my 'one person caravan' on the road. A solo trip abroad even for 3-5 days (or it can be a driving destination for a weekend). I know that all women can be transformed by a solo trip. Start slowly - dip your toe into a solo traveler friendly country and see how it feels. Most women I coach or speak with are always transformed, empowered, and say that they