

Microadventures Local Discoveries For Great Escap

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Microadventures: Local Discoveries for Great Escapes Alastair Humphreys

2014-06-05 'Enthusiastic, pleasingly madcap' Geographical Adventure – something that's new and exhilarating, outside your comfort zone. Adventures change you and how you see the world, and all you need is an open mind, bags of enthusiasm and boundless curiosity. Recommended for viewing on a colour tablet.

There Are Other Rivers Alastair Humphreys 2011-11-01 Alastair Humphreys walked across India, from the Coromandel Coast to the Malabar Coast, following the course of a holy river. Walking alone and spending the nights sleeping under the stars, in the homes of welcoming strangers or in small towns and villages, he experienced the dusty enchantment of ordinary, real India on the smallest of budgets. There Are Other Rivers tells the story of the walk through an account of a single day as well as reflecting on the allure of difficult journeys and the eternal appeal of the open road. Nominated for National Geographic's 'Adventurer of the Year' Reviews for previous books:- "Believe me, he can write, and rather well" - Geographical- "...displays a tendency for Big Hairy Audacious Goals that is almost unnerving." - Treehugger.com Amazon: - "This book has it all: it's a great travel read, a look into the human soul and how most people, given enough determination, could attempt something like this."- "No expensive equipment or 'fastest, strongest, quickest'; just a brilliant, understated story."- "Simply outstanding."- "If you prefer the comfort of your armchair these books will still stir your imagination and curiosity for the world."- "An absolute must-read or any passionate traveller." GoodReads:- "Wow... another great book by Alastair Humphreys."- "One of the best adventure travel books I've read."

The Backyard Adventurer Beau Miles 2021-05-05 After years of adventuring around the globe – running, kayaking, hitchhiking, exploring – Beau Miles came back to his block in country Victoria. Staying put for the first time in years, Beau

developed a new kind of lifestyle as the Backyard Adventurer. Whether it was walking 90km to work with no provisions, building a canoe paddle out of scavenged scrap or running a disused railway line through properties, blackberry thickets and past inquiring police officers, Beau has been finding ways to satisfy his adventurous spirit close to home. This book is about conscious experimentation with adventure, making meaning and inspiration out of tins of beans, bits of rubbish and elbow grease. Beau's Backyard exploits are funny, authentic, insightful and being copied all over the world by everyday people. YouTuber, new dad, and self-described oddball who needs to shower more, Beau is what happens when you cross Bear Grylls with Bush Tucker Man. With a PhD in Outdoor Education, a string of successful short films under his belt and a boundless passion for discovery, Beau is the real deal.

Alastair Humphreys' Great Adventurers Alastair Humphreys 2018-08-23 Hand-selected by Alastair Humphreys, read about the incredible journeys undertaken by twenty of the most heroic and impressive explorers who ever lived, including Ibn Battuta (14th-century explorer); Apsley Cherry-Garrard (a member of Scott's Antarctic expedition); Michael Collins (Apollo Moon mission astronaut) and Nellie Bly (who travelled round the world in less than 80 days). A wide-spread selection of explorers from young to old, male to female and with a range of abilities, these explorers crossed land, sea and sky in the name of adventure and may just inspire readers aged 7+ to do the same. Alastair Humphreys was named National Geographic Adventurer of the Year in 2012 for his work on the concept of microadventures.

Tourism Impacts, Planning and Management Peter Mason 2012-08-06 Tourism Impacts, Planning and Management is a unique text, which links these three key areas of tourism: impacts, planning and management. Tourism impacts are multi-faceted and therefore are difficult to plan for and manage. This book looks at all the key players involved - be they tourists, host communities or industry members - and considers a number of approaches and techniques for managing tourism successfully. Divided into four parts, this text discusses: * The growth, development and impacts of tourism * Tourism planning and management: concepts, issues and key players * Tools and techniques in tourism planning and management: education, regulation and information technology * The future of tourism planning and management: issues of sustainability and the future Up-to-date, international case studies are used, for example the impacts of 9/11 and terrorism in Bali, to illustrate and provide a real-life context for the theories discussed. Exercises are also included to consolidate learning.

Grand Adventures Alastair Humphreys 2016-03-24 'Enthusiastic, pleasingly madcap' Geographical Adventure – something that's new and exhilarating, outside your comfort zone. Adventures change you and how you see the world, and all you need is an open mind, bags of enthusiasm and boundless curiosity. Recommended for viewing on a colour tablet.

Last Man Off Matt Lewis 2015-05-12 "A sinister version of The Perfect Storm. Thrilling."—Sunday Times (UK) For readers of The Perfect Storm, Between a Rock

and a Hard Place, and Into the Wild There's nothing that armchair adventure lovers relish more than a gripping true story of disaster and heroism, and Last Man Off delivers all that against a breathtaking backdrop of icebergs and killer whales. On June 6, 1998, twenty-three-year-old Matt Lewis had just started his dream job as a scientific observer aboard a deep-sea fishing boat in the waters off Antarctica. As the crew haul in the line for the day, a storm begins to brew. When the captain vanishes and they are forced to abandon ship, Lewis leads the escape onto three life rafts, where the battle for survival begins.

Witchtown Cory Putman Oakes 2017-07-18 Enter the gates of Witchtown to find a mischievous coming-of-age story for fans of Alice Hoffman's Practical Magic and the Danielle Paige's Dorothy Must Die series. When sixteen-year-old Macie O'Sullivan and her masterfully manipulative mother Aubra arrive at the gates of Witchtown—the most famous and mysterious witch-only haven in the world—they have one goal in mind: to rob it for all it's worth. But that plan derails when Macie and Aubra start to dig deeper into Witchtown's history and uncover that there is more to the quirky haven than meets the eye. Exploring the haven by herself, Macie finds that secrets are worth more than money in Witchtown. Secrets have their own power.

Leisure in the Time of Coronavirus Brett Lashua 2022-03-28 This book generates discussions that enable leisure scholars to learn and to engage with wider debates about the crucial role of leisure in people's lives.

Disney A to Z Dave Smith 1996 Includes full descriptions of all Donald Duck, Mickey Mouse, Pluto, and Goofy cartoons; the story of Mickey's birth; the Disney Channel Premiere films and Disney television shows; the Disney parks; Disney Academy Awards and Emmy Awards; the Mouseketeers throughout the years; and details of Disney company personnel and primary actors.

Into the Forest Jean Hegland 2009-12-23 NOW A MAJOR MOTION PICTURE • Set in the near-future, Into the Forest is a powerfully imagined novel that focuses on the relationship between two teenage sisters living alone in their Northern California forest home. Over 30 miles from the nearest town, and several miles away from their nearest neighbor, Nell and Eva struggle to survive as society begins to decay and collapse around them. No single event precedes society's fall. There is talk of a war overseas and upheaval in Congress, but it still comes as a shock when the electricity runs out and gas is nowhere to be found. The sisters consume the resources left in the house, waiting for the power to return. Their arrival into adulthood, however, forces them to reexamine their place in the world and their relationship to the land and each other. Reminiscent of Margaret Atwood's A Handmaid's Tale, Into the Forest is a mesmerizing and thought-provoking novel of hope and despair set in a frighteningly plausible near-future America. Praise for Into the Forest “[A] beautifully written and often profoundly moving novel.”—San Francisco Chronicle “A work of extraordinary power, insight and lyricism, Into the Forest is both an urgent warning and a passionate celebration of life and love.”—Riane Eisler,

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author of *The Chalice and the Blade* "From the first page, the sense of crisis and the lucid, honest voice of the . . . narrator pull the reader in. . . . A truly admirable addition to a genre defined by the very high standards of George Orwell's *1984*."—Publishers Weekly (starred review) "Beautifully written."—Kirkus Reviews "This beautifully written story captures the essential nature of the sister bond: the fierce struggle to be true to one's own self, only to learn that true strength comes from what they are able to share together."—Carol Saline, co-author of *Sisters* "Jean Hegland's sense of character is firm, warm, and wise. . . . [A] fine first novel."—John Keeble, author of *Yellowfish*

Awol on the Appalachian Trail David Miller 2006 A 41-year-old engineer quits his job to hike the Appalachian Trail. This is a true account of his hike from Georgia to Maine, bringing to the reader the life of the towns and the people he meets along the way.

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The Lost Island of Tamarind Nadia Aguiar 2009-01-01 Three children. Alone on the ocean waves, after a fierce storm throws their parents from the Pamela Jane into the icy waters below. Maya, Simon and Penny now face a wild rescue adventure that will lead them to a truly magical place . . . Imagine an island with green mountains looming over pink sandy beaches and tide pools lit by the moon. An island with the darkest of secrets, where pirates lurk and jaguars roam – and a precious stone holds a power that is both wondrous and terrifying. This is where the children must go. No one from the Outside has escaped the island before. Danger is everywhere. But they can't turn back now. Could you?

Thru-hiking Will Break Your Heart Carrot Quinn 2015-04-22 Carrot Quinn fears that she's become addicted to the internet. The city makes her feel numb, and she's having trouble connecting with others. In a desperate move she breaks away from everything to walk 2,660 miles from Mexico to Canada on the Pacific Crest Trail. It will be her first long-distance hike. In the desert of Southern California Carrot faces many challenges, both physical and emotional: pain, injury, blisters, aching cold and searing heat, dehydration, exhaustion, loneliness. In the wilderness she happens upon and becomes close with an eclectic group of strangers- people she wouldn't have chanced to meet in the "regular world" but who are brought together, here on the trail, by their one common goal: make it to Canada before the snow flies.

The Secret World of Weather Tristan Gooley 2021-05-25 The most astonishing

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collection of weather signs ever assembled—from master outdoorsman Tristan Gooley In this eye-opening trove of outdoor clues, groundbreaking natural navigator Tristan Gooley turns his keen senses to the weather. By “reading” nature as he does, you’ll not only detect what the weather is doing (and predict what’s coming), you’ll enter a secret wonderland of sights and sounds you’ve never noticed before: Listen for the way crickets chirp faster as the temperature rises. Spot how snowflakes shrink with colder air and grow just before they stop falling. Let perching birds point out the direction of the wind. Learn why pine cones close up in high humidity. Watch out for storms when clouds are more tall than wide! Most fascinating of all, you’ll discover distinct microclimates with every step you take—through the woods or down a city street. There are unique weather clues to be found on opposite sides of a tree—and even beneath a blade of grass! And once you can read the forecast in every cloud, breeze, sunbeam, plant, and raindrop? You may well delete your weather app!

Lonely Planet's Best in Travel 2020 Lonely Planet 2019-10-22 This annual bestseller ranks the hottest countries, regions and cities for 2020, and reveals how well-planned, sustainable travel can be a force for good. Drawing on the knowledge and passion of Lonely Planet's staff, authors and online community, we present a year's worth of inspiration to take you out of the ordinary and into the unforgettable.

Paddling North Audrey Sutherland 2013-10-06 In a tale remarkable for its quiet confidence and acute natural observation, the author of *Paddling Hawaii* begins with her decision, at age 60, to undertake a solo, summer-long voyage along the southeast coast of Alaska in an inflatable kayak. *Paddling North* is a compilation of Sutherland’s first two (of over 20) such annual trips and her day-by-day travels through the Inside Passage from Ketchikan to Skagway. With illustrations and the author’s recipes.

Half an Hour from Paris Annabel Simms 2020-03 Following the format of the small classic *An Hour from Paris*, and written with the same delight in the little-known treasures of the Ile de France, comes Annabel Simm's latest guidebook, *Half an Hour from Paris*. Simms presents 10 new destinations easy to reach from central Paris, each with a carefully planned walk, ample meanderings through the cultural, historical and social milieu, comprehensive practical information and clear, detailed maps. This new edition has been updated and is now in full colour.

My Midsummer Morning: Rediscovering a Life of Adventure Alastair Humphreys 2019-05-30 A Financial Times Summer Book of 2019 Seasoned adventurer Alastair Humphreys pushes himself to his very limits – busking his way across Spain with a violin he can barely play.

Sacred Summits Peter Boardman 2013-10-01 Mountaintops have long been seen as sacred places, home to gods and dreams. In one climbing year Peter Boardman visited three very different sacred mountains. He began on the South Face of

the Carstensz Pyramid in New Guinea. This is the highest point between the Andes and the Himalaya, and one of the most inaccessible, rising above thick jungle inhabited by warring Stone Age tribes. During the spring Boardman made a four-man, oxygen-free attempt on the world's third highest peak, Kangchenjunga. Hurricane-force winds beat back their first two bids on the unclimbed North Ridge, but they eventually stood within feet of the summit – leaving the final few yards untrodden in deference to the inhabiting deity. In October, he climbed the mountain most sacred to the Sherpas: the twin-summited Gauri Sankar. Renowned for its technical difficulty and spectacular profile, it is aptly dubbed the Eiger of the Himalaya and Boardman's first ascent took a gruelling twenty-three days. Three sacred mountains, three very different expeditions, all superbly captured by Boardman in *Sacred Summits*, his second book, first published shortly after his death in 1982. Combining the excitement of extreme climbing with acute observation of life in the mountains, this is an amusing, dramatic, poignant and thought-provoking book. Peter Boardman and Joe Tasker died on Everest in 1982, whilst attempting a new and unclimbed line. Both men were superb mountaineers and talented writers. Their literary legacy lives on through the Boardman Tasker Prize for Mountain Literature, established by family and friends in 1983 and presented annually to the author or co-authors of an original work which has made an outstanding contribution to mountain literature.

Wilderness Weekends Phoebe Smith 2015-03-06 Bed down among some of the most dramatic landscapes in the world and discover your own bolthole in one of Britain's rugged corners. *Wilderness Weekends* reveals the 26 best places for wild camping from the south coast of England to Scotland's far north. Each weekend includes practical advice, detailed maps and inspiring photographs to help the camping enthusiast take the next adventurous step. With a host of hard-won tips on what to take and when to go, this is the helping hand needed to unlock your outdoor potential.

The Gentle Art of Tramping Stephen Graham 1926

The Doorstep Mile Alastair Humphreys 2019-12-03 Whether at work or home, taking the first step to begin a new venture is daunting. This is the Doorstep Mile, the hardest part of every journey. The Doorstep Mile will reveal why you want to change direction, what's stopping you, and how to build an adventurous spirit into your busy daily life. Dream big, but start small.

Education of a Wandering Man Louis L'Amour 2008-04-29 From his decision to leave school at fifteen to roam the world, to his recollections of life as a hobo on the Southern Pacific Railroad, as a cattle skinner in Texas, as a merchant seaman in Singapore and the West Indies, and as an itinerant bare-knuckled prizefighter across small-town America, here is Louis L'Amour's memoir of his lifelong love affair with learning—from books, from yondering, and from some remarkable men and women—that shaped him as a storyteller and as a man. Like classic L'Amour fiction, *Education of a Wandering Man* mixes authentic frontier drama—such as the author's desperate efforts to survive a sudden two-

day trek across the blazing Mojave desert--with true-life characters like Shanghai waterfront toughs, desert prospectors, and cowboys whom Louis L'Amour met while traveling the globe. At last, in his own words, this is a story of a one-of-a-kind life lived to the fullest . . . a life that inspired the books that will forever enable us to relive our glorious frontier heritage.

Ignore the Fear Fiona Quinn 2019

Lost in the Wild Cary Griffith 2008-10-14 "True survival odysseys of two wilderness adventurers who entered the woods in search of tranquility-- but found something else entirely"--Page 4 of cover.

No Barriers Erik Weißenmayer 2017-02-07 No Barriers is about my journey since coming down from Mt. Everest in 2001, and the path to where I am today. It is the story of my own life, the personal and professional struggles in the pursuit of growth, learning, and family, as well as a dream to kayak one of the world's great rivers as a blind athlete. It is also about the many people I've encountered along the way who possess what I call a "No Barriers" mindset, who live a No Barriers life. It highlights these pioneers who give those around them the courage to do great things. People who have risked failure, transcended their personal barriers, and shown others a way forward: scientists and innovators, artists and musicians, climbers and adventurers, activists and soldiers. No Barriers is a way of living, and it exists in all of us, like a deep internal light. But sometimes through trauma, loss, isolation, and disillusionment, people get shoved into a dark place, and that light is almost extinguished. Making hard choices is what feeds that light, and becomes the energy we need to propel us forward. This book is about making the hard choices to fuel that flickering light, so that we can ignite with purpose and become our very best selves.

Moods of Future Joys Alastair Humphreys 2007-11-01 An updated edition including new color photographs and a new afterword looking back at the journey Alastair Humphreys' around-the-world journey of 46,000 miles was an old-fashioned adventure: long, lonely, low-budget, and spontaneous. Cycling across five continents and sailing over the oceans, his ride took four years to complete, on a tiny budget of hoarded student loans. Here is the story of the first remarkable stage of the expedition. Just two weeks into the ride the September 11th attacks changed everything. All Humphreys' plans went out the window and, instead of riding towards Australia, he suddenly found himself pedaling through the Middle East and Africa and on toward Cape Town. This book recounts an epic journey that succeeded through Humphreys' trust in the kindness of strangers, at a time where the interactions of our global community are more confused and troubled than ever.

She Explores Gale Straub 2019-03-26 For every woman who has ever been called outdoorsy comes a collection of stories that inspires unforgettable adventure. Beautiful, empowering, and exhilarating, *She Explores* is a spirited celebration of female bravery and courage, and an inspirational companion for any woman who

wants to travel the world on her own terms. Combining breathtaking travel photography with compelling personal narratives, *She Explores* shares the stories of 40 diverse women on unforgettable journeys in nature: women who live out of vans, trucks, and vintage trailers, hiking the wild, cooking meals over campfires, and sleeping under the stars. Women biking through the countryside, embarking on an unknown road trip, or backpacking through the outdoors with their young children in tow. Complementing the narratives are practical tips and advice for women planning their own trips, including:

- Preparing for a solo hike
- Must-haves for a road-trip kitchen
- Planning ahead for unknown territory
- Telling your own story

A visually stunning and emotionally satisfying collection for any woman craving new landscapes and adventure.

A Year in the Woods Torbjørn Ekelund 2021-10-12 From the acclaimed author of *In Praise of Paths* comes a humorous and modest Walden for modern times. As nature becomes ever more precious, we all want to spend more time appreciating it. But time is often hard to come by. And how do we appreciate nature without disruption? In this sensitively-written book, Torbjørn Ekelund, an acclaimed Norwegian nature writer, shares a creative and non-intrusive method for immersing oneself in nature. And the result is nothing short of transformative. Evoking Henry David Thoreau and the four-season structure of *Walden*, Ekelund writes about communing with nature by repeating a small, simple ritual and engaging in quiet reflection. At the start of the book, he hatches a plan: to leave the city after work one day per month, camp near the same tiny pond in the forest, and return to work the next day. He keeps this up for a year. His ritual is far from rigorous and it is never perfect. One evening, he grows so cold in his tent that he hikes out before daybreak. But as Ekelund inevitably greets the same trees and boulders each month, he appreciates the banality of their sameness alongside their quiet beauty. He wonders how long they have stood silently in this place—and reflects on his own short existence among them. *A Year in the Woods* asks us to reconsider our relationship with the natural world. Are we anxious wanderers or mindful observers? Do we honor the seasons or let them pass us by? At once beautifully written, accessible, and engaging, *A Year in the Woods* is the perfect book for anyone who longs for a deeper connection with their environment, but is realistic about time and ambition.

Islands and Insulin Erin Spineto 2013-01

Bedtime Adventure Stories for Grown Ups Anna McNuff 2021-05-13 Pour yourself a cup of cocoa, get those jim-jams on and prepare to escape into a world of adventure with this collection of life-affirming short stories from award-winning adventurer Anna McNuff.

Adrift Steven Callahan 2002-10-17 Before *The Perfect Storm*, before *In the Heart of the Sea*, Steven Callahan's dramatic tale of survival at sea was on the New York Times bestseller list for more than thirty-six weeks. In some ways the model for the new wave of adventure books, *Adrift* is an undeniable seafaring classic, a riveting firsthand account by the only man known to have survived

more than a month alone at sea, fighting for his life in an inflatable raft after his small sloop capsized only six days out. "Utterly absorbing" (Newsweek), *Adrift* is a must-have for any adventure library.

Microadventures Alastair Humphreys 2014 Refresh your life with a tiny little adventure that's close to home and easy on your pocket. Inspiration is abundant in this brilliant and beautifully-illustrated guide.

Explorers: Amazing Tales of the World's Greatest Adventures Nellie Huang 2019-09 Meet famous explorers and adventurers in this exciting non-fiction storybook for children. Venture into steaming jungles in search of lost temples, fight off frostbite in the Arctic, and blast off into space! Great explorers have one thing in common - a desire to leap into the unknown, no matter how dangerous that might be. From Ferdinand Magellan's first circumnavigation of the world 500 years ago to Barbara Hillary's treks to the North and South poles while in her seventies, *Explorers* documents the trials and hardships of the men and women who rewrote our understanding of the world, and showed us what humans are capable of. *Explorers* looks at the towering achievements of more than 50 explorers in great detail, with incredible cross-sections revealing the amazing detail inside Spanish galleons, lost cities, and spaceships. Hand-drawn maps reveal their intrepid journeys in great detail, and photographs highlight the artefacts and relics they found along the way. The explorers come from all walks of life and parts of the world. Packed with jaw-dropping facts and written in language that will get the heart racing, *Explorers* is the perfect book for any budding young adventurer, combining both beautiful illustrations by Jessamy Hawke and fantastic photography.

Outdoor Environmental Education in Higher Education Glyn V. Thomas 2021 This book brings together an international group of authors to discuss the outdoor environmental education (OEE) theory and practice that educators can use to support teaching and learning in higher education. The book contents are organised around a recently established list of threshold concepts that can be used to describe the knowledge and skills that university students would develop if they complete a major in outdoor education. There are six key sections: the theoretical foundations and philosophies of OEE; the pedagogical approaches and issues involved in teaching OEE; the ways in which OEE is a social, cultural and environmental endeavour; how outdoor educators can advocate for social justice; key approaches to safety management; and the need for on-going professional practice. The threshold concepts that form the premise of the book describe outdoor educators as creating opportunities for experiential learning using pedagogies that align their programme's purpose and practice. Outdoor educators are place-responsive, and see their work as a social, cultural and environmental endeavour. They advocate for social and environmental justice, and they understand and apply safety principles and routinely engage in reflective practice. This book will provide clarity and direction for emerging and established outdoor educators around the world and will also be relevant to students and professionals working in related fields such as environmental education, adventure therapy, and outdoor recreation.

Outdoor Adventure Education Alan W. Ewert 2014-01-08 Outdoor Adventure Education: Foundations, Theories, Models, and Research steeps students in the theories, concepts, and developments of outdoor adventure education, preparing them for careers in this burgeoning field. This text is based on author Alan W. Ewert's pioneering book *Outdoor Adventure Pursuits: Foundations, Models, and Theories*. Ewert and Sibthorp, both experienced practitioners, researchers, and educators, explore the outdoor adventure field today in relation to the changes that have occurred since Ewert's first book. The authors present a comprehensive text on outdoor and adventure foundations, theories, and research that will provide the basis for the next generation of professionals.

Adventure and Society Simon Beames 2018-12-28 This book provides a broad overview of the ways in which 'adventurous practices' influence, and are influenced by, the world around them. The concept of adventure is one that is too often tackled within subject silos of philosophy, education, tourism, or leisure. While much of the analysis is strong, there is little cross-pollination between disciplines. *Adventure & Society* pulls together the threads of these discourses into one coherent treatment of the term 'adventure' and the role that it plays in human social life of the 21st century. It explores how these practices can be considered more deeply through theoretical discourses of capitalism, identity construction, technology and social media, risk-taking, personal development, equalities, and sustainability. As such, the book speaks to a broad audience of undergraduate and postgraduate students across diverse subject areas, and aims to be an accessible starting point for deeper inquiry.

The Cat Who Went to Paris Peter Gethers 2013-06-12 NATIONAL BESTSELLER • When the world is your oyster, you need a cat to enjoy it with you. "An entertaining romp that leaves no doubt that Mr. Gethers and his cat have a most remarkable relationship."—Kiki Olson, *The New York Times Book Review* At one time in his life, Peter Gethers, publisher, screenwriter, and author, was a confirmed loner and cat hater. All that changed when a Scottish Fold kitten named Norton entered his life. Peter opened his heart to Norton and soon they were inseparable. Together they rode the ferry to Fire Island, traversed the subways of Manhattan, traveled on the Concorde to Paris, dated beautiful women, and even dined in the world's finest restaurants. Norton knows how to impress simply by being himself—an amusing and intelligent companion who understands silence, enjoys the thrill of the chase, and gladly accepts the devotion of man and womankind. He also teaches his fallible owner how to live, love, and be a compassionate human being. *The Cat Who Went to Paris* proves that sometimes all it takes is paws and personality to change a life.