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Insight Guide Kenya is illustrated throughout with hundreds of specially commissioned colour photographs. Our inspirational Best of Kenya section illustrates the country's highlights, from wildlife safaris to dive sites and Swahili landmarks to tropical beaches - making sure you don't miss anything. With a longer and more in-depth history and culture section than its competitors, this guide provides an essential introduction to Kenya's archaeological importance, colonial history and transition to a modern republic and tourist magnet. The informative text, written by regional experts, is a pleasure to read and accompanied by stunning photography. A fact-filled wildlife section covers mammals, reptiles and birds and a handy gazetteer provides an on-the-spot reference source to help identify animals on safari. Lavish Photo Features offer a unique insight into the country's bird and plant life, and the Maasai tribes people and Swahili culture. All major sights are cross-referenced with the maps, and the travel tips section provides a wealth of practical information on how to plan your trip or choose a safari. Insight Guide Kenya now includes the Walking Eye app, free to download to smartphones and tablets on purchase of the book. The Kenya app includes our independent selection of the best hotels and restaurants, plus activity, event and shopping listings. About Insight Guides Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-color print guide books and maps as well as picture-packed eBooks to meet different travelers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine Writing a book is fun and easy--yes, FUN AND EASY--but it may not always feel that way. How do you find the time to write? How do you keep

momentum? How do you deal with the horror of showing anyone a single sentence of your work-in-progress? The answers remain fun and easy, and author Elizabeth Sims will take your hand, dispel your worries, and show you how it's done in this stress-free guide to accomplishing your dream of writing your book. In *You've Got a Book in You*, Elizabeth is that encouraging voice guiding you through the entire process, from finding the right time and place to gathering all of your creative tools to diving right in and getting it done--page by page, step by step. It's easier than you think, and it all starts right here, right now. "This guide is witty, warm, and wise--and wonderfully down-to-earth as well. Elizabeth Sims doesn't just tell you that you've got a book in you, she shows you how to pour it out using your own creative spirit, common sense, and persistence." ~Lori L. Lake, author of *The Gun Series* and *The Public Eye Mystery Series* "If you're searching for the spark of inspiration to get started writing a book, and the nourishment to sustain you to THE END, Elizabeth Sims's *You've Got a Book in You* will show you how to find it in yourself." ~Hallie Ephron, award-winning author of *There Was an Old Woman* "You won't find an easier-to-follow or more inspirational writing guide." ~L.J. Sellers, author of the bestselling Jackson mysteries "By focusing the high beams of her intelligence (and humor!) on the twisty trail of book-writing, in *You've Got a Book in You*, Elizabeth Sims proves herself a true writer's friend. As she guides you from the creation of a "working title" through her (brilliant!) "Making-It-Better Process," this well-established pro plays her most impressive cards--stacking the deck in favor of YOU!" ~Jamie Morris, Director, Woodstream Writers "Elizabeth Sims packs a twelve-week writing course into 280 pages. Inspirational and yet extremely hands-on, *You've Got a Book In You* will give newbies confidence to forge ahead and will remind veteran writers why they began writing in the first place--for the joy of it. I won't be surprised when the brilliant terms 'stormwriting' and 'heartbrain' become part of every writer's lexicon." ~Julie Compton, author of *Tell No Lies and Keep No Secrets* "The book is encouraging and inspiring, practical and witty. As a seasoned writer, I appreciate the reminders about the importance of putting yourself on a writing schedule. No more excuses. The many 'writing blasts' are very helpful and will get any writer out of the starting blocks. I especially enjoyed the section, 'Writing with the Masters.' What better way to get inspired, get a feel for different styles, and get jump-started on your writing? Excellent advice that I plan to incorporate in my future classes. I concur with Sims that 'writer's block' is greatly exaggerated. Is there any other profession that claims such a phenomenon? 'Excuse me, but I have 'book-keeping block,' 'playing music block,' or 'painting block' today? I don't think so. Get yourself on a schedule, read some Sims, write with the masters, and you'll be on your way. You'll be glad you met this friend on your journey to becoming a successful writer." ~Gesa Kirsch, Ph.D., Professor of English, Director of Valente Center for the Arts and Sciences, Bentley University This practical travel guide to Texas & the Southwest features detailed factual travel tips and points-of-interest structured lists of all iconic must-see sights as well as some off-the-beaten-track treasures. Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both, ahead of your trip and on the ground. This Texas & the Southwest guide book is packed full of details on how to get there and around, pre-departure information and top time-saving tips, including a visual list of things not to miss. Our colour-coded maps make Texas & the Southwest easier to navigate while you're there. This guide book to Texas & the Southwest has been fully updated post-COVID-19. **The Rough Guide to TEXAS & THE SOUTHWEST** covers: Houston, Around Houston, The Gulf Coast, Laredo and the Rio Grande Valley, Austin, The Hill Country, San Antonio, Dallas, Fort Worth, The Panhandle, The Davis Mountains, Big Bend National Park and around, El Paso. Inside this Texas & the Southwest travel guide you'll find: **RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER** Experiences selected for every kind of trip to Texas & the Southwest, from off-the-beaten-track adventures in Marfa to family activities in child-friendly places, like Big Bend National Park or chilled-out breaks in popular tourist areas, like the Rio Grande Valley. **PRACTICAL TRAVEL TIPS** Essential pre-departure information including Texas & the Southwest entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. **TIME-SAVING ITINERARIES** Includes carefully planned routes covering the best of Texas & the Southwest, which give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. **DETAILED REGIONAL COVERAGE** Clear structure within each sightseeing chapter of this Texas & the Southwest travel guide includes regional highlights, brief history,

detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. **INSIGHTS INTO GETTING AROUND LIKE A LOCAL** Tips on how to beat the crowds, save time and money and find the best local spots for theatre, music, museums and learning about the city's history. **HIGHLIGHTS OF THINGS NOT TO MISS** Rough Guides' rundown of Austin, The Hill Country, San Antonio, Dallas's best sights and top experiences helps to make the most of each trip to Texas & the Southwest, even in a short time. **HONEST AND INDEPENDENT REVIEWS** Written by Rough Guides' expert authors with a trademark blend of humour, honesty and expertise, this Texas & the Southwest guide book will help you find the best places, matching different needs. **BACKGROUND INFORMATION** Comprehensive 'Contexts' chapter of this travel guide to Texas & the Southwest features fascinating insights into Texas & the Southwest, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. **FABULOUS FULL COLOUR PHOTOGRAPHY** Features inspirational colour photography, including the stunning The Gulf Coast and the spectacular Davis Mountains. **COLOUR-CODED MAPPING** Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in Houston, The Panhandle and many more locations in Texas & the Southwest, reduce the need to go online. **USER-FRIENDLY LAYOUT** With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time. Here's what you'll find in the new **Gluten Free Diet**: Detailed food and ingredient information Latest breaking news on oats, including position statements from various organizations around the world, guidelines for use and references New food and GF labeling regulations in the U.S., Canada, Europe and Australia/NZ, as well as the international Codex Alimentarius Over 3100 gluten-free specialty products listed by company name, product name and package size Directory of more than 270 American, Canadian and international companies divided into 3 categories: manufacturers of GF products, GF bakeries and GF stores & distributors Nutrition information and practical strategies for healthy gluten-free living Creative ideas for meals and snacks Gluten-free cooking and recipes with nutritional analysis Prevention of cross-contamination Tips for eating out Resources- books, cookbooks, magazines, celiac groups around the world and more! All you need for a smooth transition to the gluten-free lifestyle! Contrary to popular belief, living gluten-free doesn't just mean eating gluten-free! With 1 in 20 people suffering from some degree of gluten intolerance and countless others interested in the health benefits of removing gluten from your diet, it's no wonder that the gluten-free lifestyle is on the rise. The **Everything Guide to Living Gluten-Free** is the perfect introduction to this lifestyle change. Inside, you'll find guidance on making a stress-free switch to a gluten-free life, with valuable information on: Setting up a pantry to avoid cross-contamination. Finding gluten-free options when traveling. Selecting gluten-free health and personal care products. Enjoying restaurant dinners and parties. Helping children acclimate to the gluten-free lifestyle. Plus, you'll find 100 recipes for superb gluten-free dishes, like Cornmeal-Crusted Chicken, Focaccia Bread, and Chocolate Raspberry Cupcakes with Fluffy Raspberry Frosting. Even including information for gluten-free vegans and vegetarians, this all-in-one guide is your indispensable resource for losing gluten for good! This "slim but indispensable new guide" offers "practical tips and delicious recipes that will help reduce kitchen waste and save money" (The Washington Post). Despite a growing awareness of food waste, many well-intentioned home cooks lack the tools to change their habits. This handbook—packed with engaging checklists, simple recipes, practical strategies, and educational infographics—is the ultimate tool for using more and wasting less in your kitchen. From a scientist at the Natural Resources Defense Council come these everyday techniques that call for minimal adjustments of habit, from shopping, portioning, and using a refrigerator properly to simple preservation methods including freezing, pickling, and cellaring. At once a good read and a go-to reference, this handy guide is chock-full of helpful facts and tips, including twenty "use-it-up" recipes and a substantial directory of common foods. **Insight Explore Guides**: pocket-sized books to inspire your on-foot exploration of top international destinations. Now with free eBook. Experience the best of Los Angeles with this indispensably practical **Insight Explore Guide**. From making sure you don't miss out on must-see attractions like Disneyland and Hollywood, to discovering hidden gems, the easy-to-follow, ready-made walking routes will help you plan your trip, save you time, and enhance your exploration of this thrilling city. Practical, pocket-sized and packed with inspirational insider information, this will make the ideal on-the-move companion to your trip to Los Angeles Enjoy over 15 irresistible Best Routes to walk, from

Downtown LA, Little Tokyo and the Arts District to Beverly Hills and Santa Monica Features concise insider information about landscape, history, food and drink, and entertainment options Invaluable maps: each Best Route is accompanied by a detailed full-colour map, while the large pull-out map provides an essential overview of the area Discover your destination's must-see sights and hand-picked hidden gems Directory section provides invaluable insight into top accommodation, restaurant and nightlife options by area, along with an overview of language, books and films Includes an innovative extra that's unique in the market - all Insight Explore Guides come with a free eBook Inspirational colour photography throughout About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps as well as phrasebooks, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. Rough Guides Mini Puglia Make the most of your time with this brand-new, pocket-sized travel guide from Rough Guides Compact, concise and packed full of essential information about where to go and what to do, this is an ideal on-the-move guide for exploring Puglia. From top tourist attractions like the Tremiti islands, the Gargano peninsula and Otranto, to cultural gems, including Alberobello - the centre of Puglia's famous trulli, the quaint, conical-shaped houses - Castel del Monte, a unique medieval masterpiece, and Lecce, Puglia's Baroque gem, packed with lavish architecture and fanciful facades, plan your perfect trip with this practical, all-in-one travel guide. Also includes an excursion into the Basilicata region to beguiling Matera, European Capital of Culture 2019. Features of this travel guide to Puglia: - Inspirational itineraries: discover the best destinations, sights and excursions, highlighted with stunning photography - Historical and cultural insights: delve into the region's rich history and culture, and learn all about its people, art and traditions - Things not to miss: the most essential sights and experiences at a glance - Practical full-colour maps: with every major sight and listing highlighted, the full-colour maps make on-the-ground navigation easy - Key tips and essential information: from transport to tipping, dining out to where to stay, we've got you covered - Covers: The Gargano Peninsula, Puglia Imperiale, Canosa di Puglia, Bari and beyond, Valle d'Itria, The Salento, An excursion to Matera Get the most out of your trip with: Rough Guide Italy About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks. The Rough Guide to Slovenia Make the most of your time on Earth with the ultimate travel guides. World-renowned 'tell it like it is' travel guide, now with free eBook. Discover Slovenia with this comprehensive and entertaining travel guide, packed with practical information and honest recommendations by our independent experts. Whether you plan to explore Ljubljana's charming old town, go hiking in the Julian Alps, or marvel at the stunning Lake Bled, The Rough Guide to Slovenia will help you discover the best places to explore, eat, drink, shop and sleep along the way. Features of this travel guide to Slovenia: - Detailed regional coverage: provides practical information for every kind of trip, from off-the-beaten-track adventures to chilled-out breaks in popular tourist areas - Honest and independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, our writers will help you make the most from your trip to Slovenia - Meticulous mapping: practical full-colour maps, with clearly numbered, colour-coded keys. Find your way around Ljubljana, Piran and many more locations without needing to get online - Fabulous full-colour photography: features inspirational colour photography, including Lake Bled and the Logar Valley - Time-saving itineraries: carefully planned routes will help inspire and inform your on-the-road experiences - Things not to miss: Rough Guides' rundown of Ljubljana, Lake Bled, Piran, and Prekmurje's best sights and top experiences - Travel tips and info: packed with essential pre-departure information including getting around, accommodation, food and drink, health, the media, festivals, sports and outdoor activities, culture and etiquette, shopping and more - Background information: comprehensive 'Contexts' chapter provides fascinating insights into Slovenia, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary - The ultimate travel tool: download the free eBook to access all this from your phone or tablet - Covers: Ljubljana and around; Northwest Slovenia; The Soca Valley to the Istrian Coast;

Southern Slovenia and Eastern Slovenia You may also be interested in: The Rough Guide to Europe on a Budget, The Rough Guide to Croatia and The Rough guide to Romania About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks. Natural wonders abound in Canada's many provinces, from polar bears in Manitoba to the thundering Niagara Falls in Ontario, skiing in Whistler, sprawling prairies and stunning national parks. Add to that fascinating insights into the culture of native peoples such as the Inuit and Métis, the history of French Canada and bustling world-class cities and it's easy to see the appeal. Be inspired to visit by the new edition of Insight Guide Canada, a comprehensive full-colour guide to this epic country. Inside Insight Guide Canada: A fully-overhauled edition by our expert author. Stunning photography that brings this fascinating country and its people to life. Highlights of the country's top attractions, including the treasures of museums such as the Royal Ontario Museum in Toronto, the Museum of Anthropology in Vancouver and the Musée d'archéologie et d'histoire de Montréal, spectacular walking trails such as the Cabot Trail and francophone Québec City. Descriptive region-by-region accounts cover the whole country from Vancouver to Newfoundland. Detailed, high-quality maps throughout will help you get around and travel tips give you all the essential information for planning a memorable trip. Insight Guide Canada now includes the Walking Eye app, free to download to smartphones and tablets on purchase of the book. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. Insight Guides: all you need to inspire every step of your journey. An in-depth book, now with free app and eBook. From deciding when to go, to choosing what to see when you arrive, this is all you need to plan your trip and experience the best of Tuscany, with in-depth insider information on must-see, top attractions like the Florentine churches to the medieval towns of Siena and San Gimignano, and hidden gems like the unspoilt beaches of the Maremma. Insight Guide Tuscany is ideal for travellers seeking immersive cultural experiences, from exploring Tuscan hill towns to discovering the region's famed villas and gardens In-depth on history and culture: enjoy special features on Renaissance art, Tuscan cuisine and the Chianti Wine Trail, all written by local experts Includes innovative, unique extras to keep you up-to-date when you're on the move - this guide comes with a free eBook, and an app that highlights top attractions and regional information and is regularly updated with new hotel, bar, restaurant, shop and local event listings Invaluable maps, travel tips and practical information ensure effortless planning, and encourage venturing off the beaten track Inspirational colour photography throughout - Insight Guides is a pioneer of full-colour guide books Inventive design makes for an engaging, easy reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. Insight Explore Guides: pocket-sized books to inspire your on-foot exploration of top international destinations. Now with free eBook. Experience the best of Hawaii with this indispensably practical Insight Explore Guide. From making sure you don't miss out on must-see attractions like Waikiki Beach, to discovering hidden gems, including Pu'uhonua 'O Honaunau National Historical Park, the easy-to-follow, ready-made walking routes will help you plan your trip, save you time, and enhance your exploration of these fascinating islands. -Practical, pocket-sized and packed with inspirational insider information, this will make the ideal on-the-move companion for your trip to Hawaii -Enjoy 17 irresistible Best Routes to travel, from Honolulu to the Hana Highway - Features concise insider information about landscape, history, food and drink, and entertainment options - Invaluable maps: each Best Route is accompanied by a detailed full-colour map, while the large pull-out map provides an essential overview of the area -Discover your destination's must-see sights and hand-picked hidden gems -Directory section provides invaluable insight into top accommodation, restaurant

and nightlife options by area, along with an overview of language, books and films -Includes an innovative extra that's unique in the market - all Insight Explore Guides come with a free eBook - Inspirational colour photography throughout Company info: About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. From the quaint capital of Saint Helier, to the wealth of hidden coves and beaches, to the maze of craggy coastal walks, Jersey has much to tempt the visitor. Insight Pocket Guide Jersey is a concise, full-colour travel guide that combines lively text with vivid photography to highlight the best that this island has to offer. Inside Jersey Insight Pocket Guide: - Where To Go details all the key sights in on the island, while handy maps on the cover flaps help you find your way around, and are cross-referenced to the text. - Top 10 Attractions gives a run-down of the best sights to take in on your trip. - Perfect Tour provides an itinerary of the island. - What To Do is a snapshot of ways to spend your spare time on the island, from chartering a boat, to exploring the island's beautiful coastline, to soaking up the unique culture and learning about the island's heritage in Saint Helier. - Essential information on Jersey's culture, including a brief history of the island. - Eating Out covers the island's best cuisine. - Curated listings of the best hotels and restaurants. About Insight Guides: Insight Guides has over 40 years' experience of publishing high-quality, visual travel guides. We produce around 400 full-colour print guide books and maps as well as picture-packed eBooks to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture together create a unique visual reference and planning tool to inspire your next adventure. 'Insight Guides has spawned many imitators but is still the best of its type.' - Wanderlust Magazine This practical travel guide to California features detailed factual travel tips and points-of-interest structured lists of all iconic must-see sights as well as some off-the-beaten-track treasures. Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both, ahead of your trip and on the ground. 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PRACTICAL TRAVEL TIPS Essential pre-departure information including California entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. TIME-SAVING ITINERARIES Includes carefully planned routes covering the best of California, which give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. DETAILED REGIONAL COVERAGE Clear structure within each sightseeing chapter of this California travel guide includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. INSIGHTS INTO GETTING AROUND LIKE A LOCAL Tips on how to beat the crowds, save time and money and find the best local spots for surfing or climbing the saw-toothed peaks of the Sierra Nevada. HIGHLIGHTS OF THINGS NOT TO MISS Rough Guides' rundown of Los Angeles, Palm Springs, Big Sur, San Diego's best sights and top experiences help to make the most of each trip to California, even in a short time. HONEST AND INDEPENDENT REVIEWS Written by Rough Guides' expert authors with a trademark blend of humour, honesty and expertise, this California guide book will help you find the best places, matching different needs. BACKGROUND INFORMATION Comprehensive 'Contexts' chapter of this travel guide to California features fascinating insights into California, with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary.

FABULOUS FULL COLOUR PHOTOGRAPHY Features inspirational colour photography, including the stunning Yosemite National Park and the spectacular Bixby Creek Bridge. **COLOUR-CODED MAPPING** Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in San Francisco, Napa and many more locations in California, reduce the need to go online. **USER-FRIENDLY LAYOUT** With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time. Honest, gentle advice for those who have survived an unspeakable loss—the suicide of a loved one. Surviving the heartbreak of a loved one's suicide - you don't have to go through it alone. Authors Beverly Cobain and Jean Larch break through suicide's silent stigma in *Dying to Be Free*, offering gentle advice for those left behind, so that healing can begin. "Human beings understand the world best through stories. . . . And in this book Heather and Julian are ace story-enablers. A must-read!" —Bill McKibben, *New York Times*—bestselling author of *Falter* and *Radio Free Vermont* Everyone has a story to tell. Sharing that story can change you, your community, or even the world. But how do you start? Discover the tools to unlock your truth and share it with the world: Storytelling coaches Heather Box and Julian Mocine-McQueen reveal how to embrace the power of personal storytelling in a series of easy steps. You'll learn how to share your experiences and invaluable knowledge with the people who need it most, whether it be in a blog post, a motivational speech, or just a conversation with a loved one. *How Your Story Sets You Free* is the path to finding the spark that ignites the fire and reminds you just how much your story matters. • Features over 100 pages of practical and motivating advice, with quotes from renowned storytellers including Maya Angelou and Marshall Ganz. • Includes specific step-by-step instructions to help you find the words to tell your story in the most powerful and impactful way. "Working with Heather and Julian changed everything by getting me over the hurdle that stood between what was true about my life and what I was willing to share with the world. I'm so grateful they've distilled their wisdom and vision into this book." —Caledonia Curry, artist who goes by Swoon "Heather and Julian are masterful in navigating you through the funny, rocky, delicate, and sometimes scary terrain of sharing yourself boldly, humbly, and unapologetically." —Rha Goddess, founder CEO of Move The Crowd, author of *The Calling Let us guide you on every step of your travels. From deciding when to go, to choosing what to see when you arrive, Insight Guide Mexico is all you need to plan your trip and experience the best of Mexico, with in-depth insider information on must-see, top attractions like Chichén Itzá, the Riviera Maya, Mexico City, Palenque and Colonial Oaxaca and hidden cultural gems like riding the world's most scenic railroad aboard the Ferrocarril Chichuahua al Pacífico. This book is ideal for travellers seeking immersive cultural experiences, from exploring Teotihuacán, Uxmal and Mexican folk art, to discovering Artesanía and Mexican music. - In-depth on history and culture: explore the region's vibrant history and culture, and understand its modern-day life, people and politics - Excellent Editor's Choice: uncover the best of Mexico, which highlights the most special places to visit around the region - Invaluable and practical maps: get around with ease thanks to detailed maps that pinpoint the key attractions featured in every chapter - Informative tips: plan your travels easily with an A to Z of useful advice on everything from climate to tipping - Inspirational colour photography: discover the best destinations, sights, and excursions, and be inspired by stunning imagery - Inventive design makes for an engaging, easy-reading experience - Covers: Mexico City and its Surroundings; Baja California; Through the Sierras; El Bajío and the Colonial Heartland; Jalisco and Michoacán; Acapulco and the Pacific Beaches; The Gulf Coast; Oaxaca; Tabasco and Chiapas; The Yucatán About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. Insight Guides: all you need to inspire every step of your journey. An in-depth book, now with free app and eBook. From deciding when to go, to choosing what to see when you arrive, this is all you need to plan your trip and experience the best of Hawaii, with in-depth insider information on must-see, top attractions like sun-drenched Waikiki Beach and the Hawaii Volcanoes National Park to the more remote Na Pali Coast. · Insight Guide Hawaii is ideal for travellers seeking immersive cultural experiences, from exploring the sinuous Hana Highway and its myriad waterfalls, to discovering ancient Hawaiian rituals at*

the Pu'uhonua 'O Honaunau National Historical Park. · In-depth on history and culture: enjoy special features on Hawaii's people, cuisine, music and hula as well as all the outdoor activities on offer, all written by local experts · Includes innovative, unique extras to keep you up-to-date when you're on the move - this guide comes with a free eBook, and an app that highlights top attractions and regional information and is regularly updated with new hotel, bar, restaurant, shop and local event listings · Invaluable maps, travel tips and practical information ensure effortless planning, and encourage venturing off the beaten track · Inspirational colour photography throughout - Insight Guides is a pioneer of full-colour guide books · Inventive design makes for an engaging, easy reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. World-renowned 'tell it like it is' guidebook Discover Singapore with this comprehensive, entertaining, 'tell it like it is' Rough Guide, packed with comprehensive practical information and our experts' honest and independent recommendations. Whether you plan to discover the historic ethnic enclave of Little India, enjoy a rooftop drink at Marina Bay Sands, indulge in an Orchard Road shopping spree or sample street food at bustling hawker centres, The Rough Guide to Singapore will help you discover the best places to explore, sleep, eat, drink and shop along the way. Features of The Rough Guide to Singapore: - Detailed regional coverage: provides in-depth practical information for each step of all kinds of trip, from intrepid off-the-beaten-track adventures, to chilled-out breaks in popular tourist areas. Regions covered include: The Colonial District, Little India, Chinatown, Marina Bay, Orchard Road, Northern Singapore, Eastern Singapore, Western Singapore, Sentosa. - Honest independent reviews: written with Rough Guides' trademark blend of humour, honesty and expertise, and recommendations you can truly trust, our writers will help you get the most from your trip to Singapore. - Meticulous mapping: always full-colour, with clearly numbered, colour-coded keys. 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About Rough Guides: Rough Guides have been inspiring travellers for over 35 years, with over 30 million copies sold globally. Synonymous with practical travel tips, quality writing and a trustworthy 'tell it like it is' ethos, the Rough Guides list includes more than 260 travel guides to 120+ destinations, gift-books and phrasebooks. With hit books that support strategic reading through conferring, small groups, and assessment, Jen Serravallo gets emails almost daily asking, "Isn't there a book of the strategies themselves?" Now there is. "Strategies make the often invisible work of reading actionable and visible," Jen writes. In The Reading Strategies Book, she collects 300 strategies to share with readers in support of thirteen goals-everything from fluency to literary analysis. Each strategy is cross-linked to skills, genres, and Fountas & Pinnell reading levels to give you just-right teaching, just in time. With Jen's help you'll: develop goals for every reader give students step-by-step strategies for skilled reading guide readers with prompts aligned to the strategies adjust instruction to meet individual needs with Jen's Teaching Tips craft demonstrations and explanations with her Lesson Language learn more with Hat Tips to the work of influential teacher-authors. Whether you use readers workshop, Daily 5/CAFE, guided reading, balanced reading, a core reading program, whole-class novels, or any other approach, The Reading Strategies Book will complement and extend your teaching. Rely on it to plan and implement goal-directed, differentiated instruction for individuals, small groups, and whole classes. "We offer strategies to readers to put the work in doable terms for those

who are still practicing," writes Jen Serravallo. "The goal is not that they can do the steps of the strategy but that they become more comfortable and competent with a new skill." With The Reading Strategies Book, you'll have ways to help your readers make progress every day. Perfect day itineraries and top travel tips in a pocket-sized package. Now with free eBook and a pull-out map. Plan your trip, plan perfect days and discover how to get around - this pocket-sized guide is a convenient, quick-reference companion to discovering fun and interesting things to do and see in Milan, from top tourist attractions like La Scala, the Duomo, the Brera, and world-famous art like The Last Supper, to hidden gems including the Navigli. Compact, concise and packed with essential information about Where to Go and What to Do, this is an ideal on-the-move pocket travel guide when you're exploring Milan. - Cultural: delve into the city's rich heritage and get to know its modern-day life and people - Inspirational: discover where to go and what to do, highlighted with stunning photography - Practical: get around with ease with a free pull-out map featuring key attractions - Informative: plan your visit with an A to Z of advice on everything from transport to tipping - Innovative and unique extras: a free eBook and pull-out map - Inventive design makes for an engaging, easy-reading experience - Covers: the historic centre, the fashion district, restaurants and excursions

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the-ground navigation easy - Editor's Choice: uncover the best of Italy with our pick of the region's top destinations - Key tips and essential information: packed full of important travel information, from transport and tipping to etiquette and hours of operation - The ultimate travel tool: download the free app and eBook to access this and bonus content from your phone or tablet - Covers: Rome, Venice, Milan, Lombardy, the Lakes, Piedmont, Valle d'Aosta, Liguria, Emilia-Romagna, Florence, Tuscany, Umbria and the Marches, Abruzzo and Molise, Naples, Campania, Puglia, Basilicata, Calabria, Sicily and Sardinia. Looking for a specific guide to Rome? Check out Insight Guides City Guide Rome for a detailed and entertaining look at all the city has to offer. About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. 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Compact, concise and packed with essential information about Where to Go and What to Do, this is an ideal on-the-move companion when you're exploring Tuscany and Umbria Covers Top Ten Attractions, including Pisa's iconic Leaning Tower and spiritual Assisi as well as Perfect Tour itinerary suggestions Offers an insightful overview of landscape, history and culture Contains an invaluable pull-out map, and essential practical information on everything from Eating Out to Getting Around Includes an innovative extra that's unique in the market - all Insight Pocket Guides come with a free eBook Inspirational colour photography throughout Sharp design and colour-coded sections make for an engaging reading experience About Insight Guides: Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. We produce around 400 full-colour print guide books and maps, as well as phrasebooks, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. This practical travel guide to Chile & Easter Island features detailed factual travel tips and points-of-interest structured lists of all iconic must-see sights as well as some off-the-beaten-track treasures. Our itinerary suggestions and expert author picks of things to see and do will make it a perfect companion both, ahead of your trip and on the ground. This Chile & Easter Island guide book is packed full of details on how to get there and around, pre-departure information and top time-saving tips, including a visual list of things not to miss. Our colour-coded maps make Chile & Easter Island easier to navigate while you're there. This guide book to Chile & Easter Island has been fully updated post-COVID-19. The Rough Guide to CHILE & EASTER ISLAND covers: Santiago and around, Valparaiso and Vina, the Central Coast, El Norte Chico, El Norte Grande, The Central Valley, The Lake District, Chilolé, Northern Patagonia, Southern Patagonia, Tierra del Fuego, Easter Island and the Juan Fernández Archipelago. Inside this Chile & Easter Island travel guide you'll find: RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER Experiences selected for every kind of trip to Chile & Easter Island, from off-the-beaten-track adventures in Parque Nacional Lauca to family activities in child-friendly places, like Bahía Inglesa or chilled-out breaks in popular tourist areas, like Parque Nacional Torres del Paine. PRACTICAL TRAVEL TIPS Essential pre-departure information including Chile & Easter Island entry requirements, getting around, health information, travelling with children, sports and outdoor activities, food and drink, festivals, culture and etiquette, shopping, tips for travellers with disabilities and more. TIME-SAVING ITINERARIES Includes carefully planned routes covering the best of Chile & Easter Island, which give a taste of the richness and diversity of the destination, and have been created for different time frames or types of trip. DETAILED REGIONAL COVERAGE Clear structure within each sightseeing chapter of this Chile & Easter Island travel guide includes regional highlights, brief history, detailed sights and places ordered geographically, recommended restaurants, hotels, bars, clubs and major shops or entertainment options. INSIGHTS INTO GETTING AROUND LIKE A LOCAL Tips on how to

beat the crowds, save time and money and find the best local spots for hiking, wine tasting or taking a boat trip. **HIGHLIGHTS OF THINGS NOT TO MISS** Rough Guides' rundown of Copiapó, Santiago, La Serena, Lake District's best sights and top experiences help to make the most of each trip to Chile & Easter Island, even in a short time. **HONEST AND INDEPENDENT REVIEWS** Written by Rough Guides' expert authors with a trademark blend of humour, honesty and expertise, this Chile & Easter Island guide book will help you find the best places, matching different needs. **BACKGROUND INFORMATION** Comprehensive 'Contexts' chapter of this travel guide to Chile & Easter Island features fascinating insights into Chile & Easter Island with coverage of history, religion, ethnic groups, environment, wildlife and books, plus a handy language section and glossary. **FABULOUS FULL COLOUR PHOTOGRAPHY** Features inspirational colour photography, including the stunning Valle de la Luna and the spectacular Moai. **COLOUR-CODED MAPPING** Practical full-colour maps, with clearly numbered, colour-coded keys for quick orientation in Santiago, Valparaíso and many more locations in Chile & Easter Island, reduce the need to go online. **USER-FRIENDLY LAYOUT** With helpful icons, and organised by neighbourhood to help you pick the best spots to spend your time. **Insight Pocket Guides: ideal itineraries and top travel tips in a pocket-sized package.** Now with free eBook, and a pull-out map. Plan your trip, plan perfect days and discover how to get around - this pocket-sized guide is a convenient, quick-reference companion to discovering what to do and see in Colombia, from top attractions like Medellín to hidden gems, like exploring the country's Pacific coastline - Compact, concise, and packed with essential information about Where to Go and What to Do, this is an ideal on-the-move companion when you're exploring Colombia - Covers Top Ten Attractions, including Bogotá and Cali and Perfect Day itinerary suggestions - Offers an insightful overview of landscape, history and culture - Contains an invaluable pull-out map, and essential practical information on everything from Eating Out to Getting Around - Includes an innovative extra that's unique in the market - all Insight Pocket Guides come with a free eBook - Inspirational colour photography throughout - Sharp design and colour-coded sections make for an engaging reading experience **About Insight Guides:** Insight Guides is a pioneer of full-colour guide books, with almost 50 years' experience of publishing high-quality, visual travel guides with user-friendly, modern design. 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From deciding when to go, to choosing what to see when you arrive, this guide to Tokyo is all you need to plan your trip and experience the best this city has to offer, with insider information on must-see, top attractions like Senso-ji, Roppongi and the Imperial Palace, together with cultural experiences like enjoying a soothing soak in an onsen with some locals, picnicking in the blossom-strewn Yagoyagi Park and soaking up the atmosphere in the city's famous Cat's House. **Features of this travel guide to Tokyo:** - Inspirational colour photography: discover the best destinations, sights and excursions, and be inspired by stunning imagery - Historical and cultural insights: immerse yourself in Tokyo's rich history and culture, and learn all about its people, art and traditions - Practical full-colour maps: with every major sight and listing highlighted, the full-colour maps make on-the-ground navigation easy - Editor's Choice: uncover the best of Tokyo with our pick of the city's top destinations - Key tips and essential information: packed full of important travel information, from transport and tipping to etiquette and hours of operation - The ultimate travel tool: download the free app and eBook to access this and bonus content from your phone or tablet - Covers: Imperial Palace; Marunouchi; Nihombashi; Yurakucho; Ginza; Shiodome; Ikebukuro; Shinjuku; Aoyama and Omotesando; Harajuku and Shibuya; Roppongi; Shinagawa; Ueno; Yanesen and Hongo; Asakusa; Suidobashi; Ochanomizu; Kanda; Akihabara; Sumida River and Bayside Looking for a comprehensive guide to Japan? 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It will also help guide you when you'll be exploring Stratford-upon-Avon or discovering the Cotswolds on the ground. Our England travel guide was fully-updated post-COVID-19. The Insight Guide ENGLAND covers: Central London, the City and Southwark, Kensington and Chelsea, day trips along the Thames, the Thames Valley, Oxford, the Cotswolds, Shakespeare Country, Cambridge, East Anglia, Canterbury and the Southeast, Brighton and the Downs, Hampshire, Wiltshire. In this guide book to England you will find: **IN-DEPTH CULTURAL AND HISTORICAL FEATURES** Created to provide a deeper dive into the culture and the history of England to get a greater understanding of its modern-day life, people and politics. **BEST OF** The top attractions and Editor's Choice featured in this England guide book highlight the most special places to visit. **TIPS AND FACTS** Up-to-date historical timeline and in-depth cultural background to England as well as an introduction to England's food and drink, and fun destination-specific features. **PRACTICAL TRAVEL INFORMATION A-Z** of useful advice on everything, from when to go to England, how to get there and how to get around, to England's climate, advice on tipping, etiquette and more. **COLOUR-CODED CHAPTERS** Every part of the destination, from Central London to Canterbury and the Southeast has its own colour assigned for easy navigation of this England travel guide. **CURATED PLACES, HIGH-QUALITY MAPS** Geographically organised text, cross-referenced against full-colour, high-quality travel maps for quick orientation in Oxford, Cambridge and many other locations in England. **STRIKING PICTURES** This guide book to England features inspirational colour photography, including the stunning York Minster and the spectacular Tower of London. **Insight Guides: Inspiring your next adventure** Insight Guide Oman and the UAE is an essential guide to two jewels of the Middle East, brought to life with hundreds of evocative photographs. 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In this guide book to Vietnam you will find: **IN-DEPTH CULTURAL AND HISTORICAL FEATURES** Created to provide a deeper dive into the culture and the history of Vietnam to get a greater understanding of its modern-day life, people and politics. **BEST OF** The top attractions and Editor's Choice featured in this Vietnam guide book highlight the most special places to visit. **TIPS AND FACTS** Up-to-date historical timeline and in-depth cultural background to Vietnam as well as an introduction to Vietnam's food and drink, and fun destination-specific features. **PRACTICAL TRAVEL INFORMATION A-Z** of useful advice on everything, from when to go to Vietnam, how to get there and how to get around, to Vietnam's climate, advice on tipping, etiquette and more. **COLOUR-CODED CHAPTERS** Every part of the destination, from Ha Long Bay to Sa Pa has its own colour assigned for easy navigation of this Vietnam travel guide. **CURATED PLACES, HIGH-QUALITY MAPS** Geographically organised text, cross-referenced against full-colour, high-quality travel maps for quick orientation in Da Lat, the Central Highlands, and many other locations in Vietnam. **STRIKING PICTURES** This guide book to Vietnam features inspirational colour photography, including the stunning Mekong Delta and the spectacular Mai Chau valley. **FREE EBOOK** Free eBook download with every purchase of this travel guide to Vietnam to access all the content from your phone or tablet, for on-the-road exploration. **Insight Guides Pocket Guide Croatia** Travel made easy. 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We produce around 400 full-colour print guide books and maps, as well as phrase books, picture-packed eBooks and apps to meet different travellers' needs. Insight Guides' unique combination of beautiful travel photography and focus on history and culture create a unique visual reference and planning tool to inspire your next adventure. Discover the best of Newcastle & Northumbria with this compact, practical, entertaining Pocket Rough Guide. This slim, trim treasure trove of trustworthy travel information is ideal for travellers on short trips, and covers all the key sights such as **BALTIC**, Hadrian's Wall and Chillingham Castle, restaurants, shops, cafes and bars, plus inspired ideas for day-trips, with honest independent recommendations from expert authors. The Pocket Rough Guide Newcastle & Northumbria covers: Grainger Town, Quayside and Gateshead, Ouseburn & Jesmond, Tyneside and the coast, The Northumberland Coast, The Northumberland interior, Durham and around and Further Afield Inside this travel guide you will find: **RECOMMENDATIONS FOR EVERY TYPE OF TRAVELLER** Experiences selected for every kind of trip to Newcastle & Northumbria, from off-the-beaten-track adventures in Tyneside to family activities in child-friendly places, like Grainger Town or chilled-out breaks in popular tourist areas, like The Northumberland Coast. **INCISIVE AREA-BY-AREA OVERVIEWS** Covering Grainger Market, Ouseburn Valley, Steel Rig and more, the practical Places section provides all you need to know about must-see sights and the best places to eat, drink, sleep and shop. **TIME-SAVING ITINERARIES** The routes suggested by Rough Guides' expert writers cover top

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