

## **The Red Bandanna Travel Book: The Medicine of Traveling**

**By Joanne Socha**

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**1. Tell us the story behind the story. How did THE RED BANDANA TRAVEL BOOK come to be?**

I was motivated by the healing experiences I had before and after my personal travel and I felt compelled to share them for the benefit of others, hoping even one suffering soul would find solace and inspiration.... with travel as their lure.

**2. Who should read it — and why?**

Women in transition who might feel discouraged, trapped, confused, longing for a change or new direction. Anyone who dreams about seeing the world but needs a push to do so, or those that already travel but want to do so with a deeper self-knowledge.

**3. How is it better or different from others in its genre?**

I am not aware of too many books focused on the benefits of healing travel and preparing oneself for the journey by going within. So, in that respect it is unique. Better? I believe the kernel of the message is powerful and timely. We are flooded with gorgeous travel images on social media, yet many people don't take trips because they erect self-imposed borders. Others may long for a deeper connection while traveling. I think my book addresses both issues.

**4. What challenges did you overcome to write your book?**

I had to put some glaring and painful memories down on paper, and see the beauty in the darkness so I could formulate my message of healing travel and falling in love with the world.

**5. What lasting messages do you hope your readers are left after consuming your book?**

Leave your troubles behind in your red bandanna – engage in some personal exploration so you can give yourself permission to take trips with clear eyes. And then let your world in.

**6. What advice do you have for struggling writers?**

Never write from a place of stress. If you have self-imposed deadlines or pressure I wouldn't write a thing because the combinations of words chosen will not be beneficial. Every word is special and deserves its perfect place in the line...

**7. Where do you see the book publishing industry heading?**

I am loath to predict - I do like the collaborative nature of the industry as a whole now – there are so many resources to draw from. Freedom of expression has a greater stage, as we are empowered to publish our works if we so choose. And the learnings and challenges of that path are rewarding.