



Global Insights - The Zen of Travel and BEING in the World

Nicole Monteiro

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Part memoir, part travelogue, part spiritual journey, *Global Insights - The Zen of Travel and BEING in the World* is a collection of essays that sheds light on what it means to live in the present and connect with others through travel. From trekking through the back roads of small villages in Africa to traveling off the beaten path in the Middle East, Europe and farther, World Traveler Nicole Monteiro has amassed a wealth of knowledge, insights, tips, tricks and inspirational moments that will enhance your experiences and will guide you on your own journey, wherever that may be. You'll be captivated by these personal stories, vivid descriptions of exotic locales, and unique perspectives on some of the world's most fascinating cultures and destinations. Reach outside of yourself and embrace all that the world has to offer and discover what it truly means to BE when you travel.

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