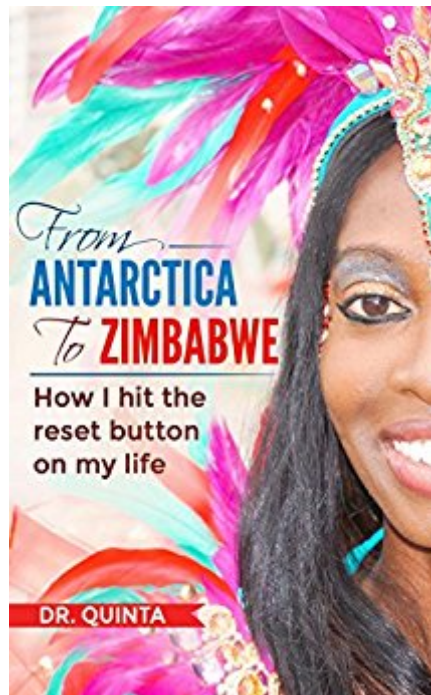




The book was found

From Antarctica To Zimbabwe: How I Hit The Reset Button On My Life



Synopsis

Quinta was plodding through a successful but mundane career when she was relieved of her job. She took her newfound freedom and endless time as an opportunity to reinvent herself and rediscover joy in life. She packed her bags and embarked on a solo trip around the world. For three and a half months, she traveled to twenty three countries and all seven continents. From Antarctica to Zimbabwe is the story of Quinta's adventures as she made her way around the world. From camping in the Sahara Desert in Morocco, to walking cheetahs in Zambia, to surviving her ship hitting an iceberg in Antarctica, her experiences made her come alive and believe in herself again. This is a story of self-discovery and finding the courage to live the life we really want to.

Book Information

File Size: 96230 KB

Print Length: 269 pages

Page Numbers Source ISBN: 1947350005

Publisher: Squinti Publishing; 1 edition (June 26, 2017)

Publication Date: June 26, 2017

Sold by: Digital Services LLC

Language: English

ASIN: B071PF5Q1L

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #446,603 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #12

in Books > Travel > Africa > Zimbabwe #45 in Books > Kindle eBooks > Nonfiction > Travel > Specialty Travel > Solo Travel #89 in Books > Travel > Polar Regions > Antarctica

Customer Reviews

This is an Awesome book!!! It really tells the story that most of us go through at some point in life. After reading the book you'll ask yourself "What's holding me back!?" The author sense of adventure without being careless really shows throughout the chapters. Being able to visit, eat, and experience so many countries and cultures in such a short period really makes me want to hit the

reset button too. Overall it's a very well written book that anyone can pick up and read. I really like the message it expresses for people to enjoy your life and to not let negative things effect you. 5 Stars!!!

Loved the book from start to finish. Dr. Quinta's writing style is so engaging and expressive that I feel I am sitting in front of her listening to her tell these stories. In addition, she paints such detailed and vivid pictures with her descriptive words that I almost felt like I was there with her on her travels. The anecdotes here and there about her professional and personal "reset" adds an extra flavor of realism reminding us all to take a leap of faith and pursue what makes us happy. Life is short. Great read!

I know something of Dr Quinta's work travails and her trip around the world so I was curious to see her perspective. This is a fantastic book. Very inspirational. Just the way she finds her center and reinvigorates her life is so hopeful. I look forward to more books from her. A definite buy!

This book is an engaging mix of a biography and travel guide: instructive, funny, touching, interesting. I had to force myself to put it down each night so that I could get the right amount of sleep. The writing makes you feel like you're literally in the author's shoes. Very satisfying read.

This was a great book that I thoroughly enjoyed. All of the descriptions of the locations and Dr. Quinta's adventures kept me riveted and gave me a lot of valuable, fascinating information. I highly recommend it!

[Download to continue reading...](#)

From Antarctica to Zimbabwe: How I hit the reset button on my life
Bedtime Songs: 10-Button
Children's Sound Book (10 Button Sound) ABC & 123 Learning Songs: Interactive Children's Sound Book (11 Button Sound) (11 Button Sound Book) Button Button: Identification and Price Guide
Leptin Reset: 14 Days to Resetting Your Leptin and Turning Your Body Into a Fat-Burning Machine (Leptin Resistance, Leptin diet, Hormone Reset Diet, ... all grain, Ketogenic Diet, Atkins Diet)
Hormone Diet: The Hormone Reset Diet, Balance Hormones, Recharging Health and Losing Weight Effortlessly! BONUS Hormone Reset Diet Recipes! (adrenal fatigue diet, adrenal fatigue, Adrenal Fatigue: Combat Adrenal Fatigue Syndrome Naturally and Boost Your Energy Levels for Good! Reset Your Natural Balance Now! (Reduce Stress, Boost Energy, Adrenal Reset Diet Book 1)
Antarctica: Journey to the Pole (Antarctica (Scholastic)) Zimbabwe Country Studies: A brief,

comprehensive study of Zimbabwe Zimbabwe & Malawi Handbook: With Botswana, Mozambique and Zambia (Zimbabwe and Malawi Handbook) Zimbabwe (Bradt Travel Guide Zimbabwe) The Zimbabwe Fact and Picture Book: Fun Facts for Kids About Zimbabwe (Turn and Learn) Zimbabwe Handbook: Travel Guide to Zimbabwe (Footprint - Handbooks) Gambling:Just Stop Pressing The Button: The Truth Behind our Gambling Addiction - What Most People Do Not Understand And How You Stop Gambling Away Your Life Jenson Button: Life to the Limit: My Autobiography The 22-Day Revolution: The Plant-Based Program That Will Transform Your Body, Reset Your Habits, and Change Your Life Heal Your Pain Now: The Revolutionary Program to Reset Your Brain and Body for a Pain-Free Life Reset: Living a Grace-Paced Life in a Burnout Culture The Metabolism Miracle Cookbook: 175 Delicious Meals that Can Reset Your Metabolism, Melt Away Fat, and Make You Thin and Healthy for Life Life Reset: A LitRPG Novel (New Era Online Book 1)

[Contact Us](#)

[DMCA](#)

[Privacy](#)

[FAQ & Help](#)