



# The Mindful Traveler: A Guide to Journaling and Transformative Travel

*Jim Currie*

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## **The Mindful Traveler: A Guide to Journaling and Transformative Travel** Jim Currie

For Jim Currie, a weekend getaway, extended vacation, or business trip can be more than diversion or duty. In *The Mindful Traveler*, he helps the reader structure journal writing - and the journey - around eight Buddhist archetypes that offer specific skills for problem solving and spiritual progress. Topics include everything from organizing the journal to choosing the appropriate "spiritual touchstones" for the trip.

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