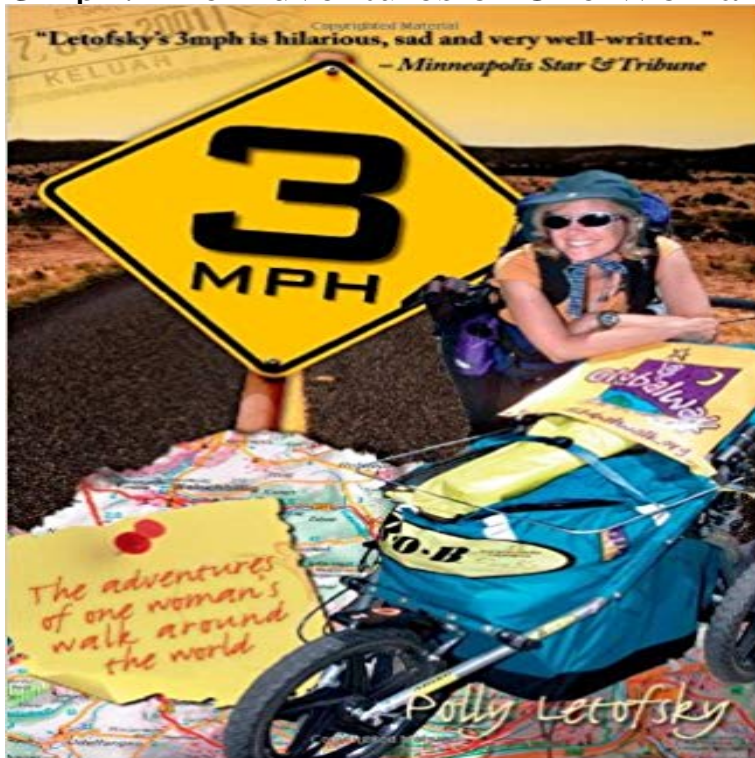


3mph: The Adventures of One Woman's Walk Around the World



WINNER 2011 Writers Digest Best Memoir WINNER Best Travel Memoir at the 2011 IPPY Book Awards WINNER 2011 Best Memoir at CIPA Book Awards Polly Letofsky left her Colorado home and headed west across 4 continents and over 14,000 miles--by foot--to become the first woman to walk around the world. In a spirit of adventure, along with the goal of raising global awareness for breast cancer, strangers welcomed her into their homes. The world had embraced her. But in the middle of Polly's journey, 9/11 flung us all into a crossroads in world history, and she found herself navigating a vastly changing world. Top Book Club pick, 3mph and Polly's GlobalWalk has been featured in over 2,000 newspapers, magazines, radio and television stations around the world including Good Housekeeping, CNN International, The CBS Early Show, NBC's Your Total Health, and Fine Living Channels Radical Sabbatical. A documentary entitled Polly's GlobalWalk has been released by Newcastle Productions, and Polly narrated the audio version of 3mph which has just been released. In 3mph she richly details her journey with humor and honest reflection, the good times and the hardships. Sometimes serious, sometimes funny, but always inspirational, her story encourages us all to take on our biggest challenges--one step at a time. 3mph is available in bulk for businesses, associations, nonprofits, and teachers for school curriculum. For special pricing and printing options, email author directly at Polly@3mphBook.com

It's quite a hike to cover the entire planet. 3 MPH: The Adventures of One Woman's Walk Around the World is the memoir of Polly Letofsky as she reflects on her: 3 MPH: The Adventures of One Woman's Walk Around the World (9780984154326) by Polly Letofsky and a great selection of similar New, Used On August 1, 1999, Polly Letofsky left her home in Vail, Colorado, and headed west. She traveled across 4 continents, 22 countries, and over 14,000 miles by The NOOK Book (eBook) of the 3mph: The Adventures of One Woman's Walk Around the World by Polly Letofsky at

Barnes & Noble.3mph: The Adventures of One Womans Walk Around the World (Audio Download): Polly Letofsky, My Word Publishing: : Audible_AU.Polly Letofsky left her Colorado home and headed west across 4 continents and over 14000 milesby foot -- to become the first woman to walk around the: 3MPH: The Adventures of One Womans Walk Around the World (Audible Audio Edition): Polly Letofsky, Blue Sky Creative Media: Books.Issuu is a digital publishing platform that makes it simple to publish magazines, catalogs, newspapers, books, and more online. Easily share your publicationsNote 0.0/5. Retrouvez 3mph: The Adventures of One Womans Walk Around the World et des millions de livres en stock sur . Achetez neuf ouAmazon?????3mph: The Adventures of One Womans Walk Around the World?????????Amazon?????????????Polly Letofsky3 quotes from 3mph:The Adventures of One Womans Walk Around the World: When you change the way you look at things the things you look at change.Encuentra 3mph: The Adventures of One Womans Walk Around the World de Polly Letofsky (ISBN: 9780983208501) en Amazon. Envios gratis a partir de 19.Discover Polly Letofskys book about her journey as the first woman to walk around the world, 3MPH The Adventure of One Womans Walk Around the World.Editorial Reviews. Review. 3mph was a wonderful read. Letofsky has a wonderful voice and a real flare for was voice, structure, story arc,