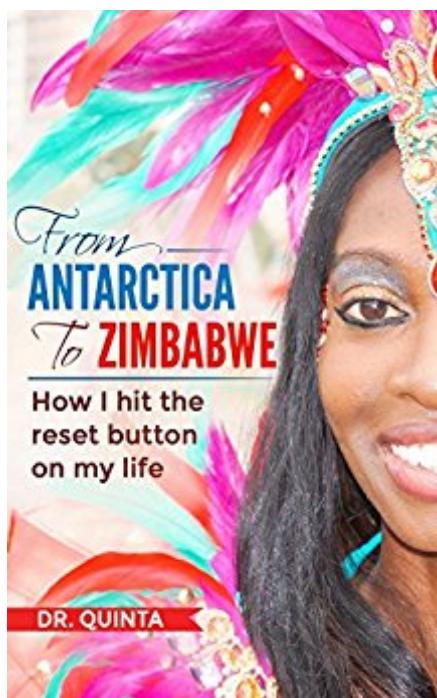


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# From Antarctica To Zimbabwe: How I Hit The Reset Button On My Life



## **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**

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## **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's 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!

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