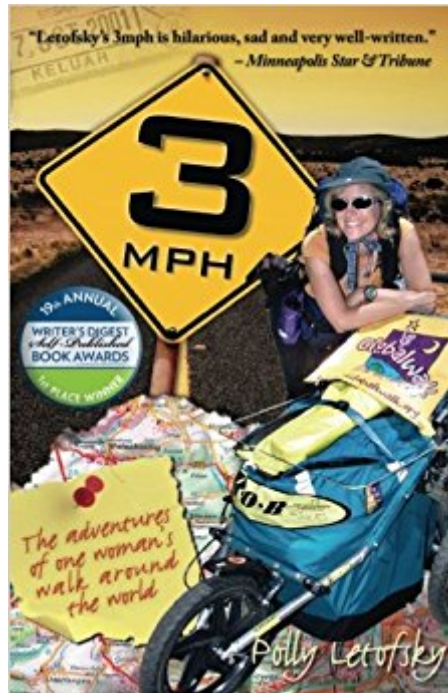




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3mph: The Adventures Of One Woman's Walk Around The World



Synopsis

WINNER 2011 Writer's 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 Pollys 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

Book Information

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Customer Reviews

"3mph was a wonderful read. Letofsky has a wonderful voice and a real flare for storytelling....there

was voice, structure, story arc, character development...a remarkable, well-written book."--Writers Digest"5 out of 5 Stars. "3 MPH" is a solid and strongly recommended read that shouldn't be missed." --Midwest Book Review"Letofsky's 3mph is hilarious, sad, and very well-written."--Minneapolis Star & Tribune"3mph is the perfect kick off to our Women's Adventure Book Club. What better way to combine our love for adventure and reading!" -- Women's Adventure Magazine"A page-turner! 3mph is engagingâ | a courageous journey full of humanity, charity and spirit."--Denver Post"Polly's story is compelling and fascinating. She makes a wonderful, hilarious traveling companion as one vicariously makes the trek from one's armchair."--Tattered Cover Bookstore"The City of Wheat Ridge proudly announces 3mph our 2012 City Reads Book of the Year" -- City of Wheat Ridge, CO

Dear readers of 3mph,It's been enormous fun to be invited to clubs to talk about the 3mph stories that hit the editing room floor. I'd like to extend the offer to visit your book club either by Skype or in person. Please email me directly if your book club would like to schedule: Polly@3mphBook.comPS No, there's no charge, you just have to feed me.

When faced with challenges in life, that at first appear to be insurmountable, I have tried to teach my children that if you break it down to smaller and smaller pieces at some point it will be something that you can handle. When Polly was only 12 years old her imagination was captured by the thought that she could walk around the entire world if she just took one step at a time. I loved that she demonstrated through sheer will and determination that one can accomplish whatever they set their sights on, even if it sounds impossible. Our book club was enthralled last night as we listened to Polly tell first hand her stories of her many adventures while taking on the entire world one step at a time!

Absolutely impossible to not love this book or Polly. I sure would love to sit in a dimly lit bar (is there another kind?) and drink beer with Polly and share our thoughts. Wonderful book that anyone would enjoy except maybe Tabatha or Pat.This is my addition made after completing the book. The only thing two things about Polly's book was, number one how frustrating Polly was with her overall personality weakness. She wasn't/isn't an assertive person so she let people use her and push her around. Surprising that she would undertake such an adventure with this character flaw. The book, for me anyway, was way too much about the reason she was doing the walk. I bought the book for Her Walk but there was little about her actual walk. I read one paragraph about the walk and four

sentences later she was 400 miles further. Her dependency on people to help her was fine and understood but when she was out here by herself and left to her own devices, she whined too much. What did she expect anyway? All in all though, I'd recommend the book.

Polly's story is inspiring, humorous and intriguing. She overcomes obstacles created by people, by nature and by her environment with grace and dignity. She describes people and places with clarity and takes you into her world as she treks one step at a time. Her stories about places and people she encountered are funny and heartfelt. Her insight into different countries and cultures is told without apology and gives the reader glimpses into places not often written about. I enjoyed her love of Turkey and Australia as much as her struggles through India and Europe. This is a book that can be enjoyed by non-fiction and fiction readers and is ideal for book clubs. Part autobiography, part travelogue and part comedy it is a page turner. Polly walked around the world only to discover there is no place like home.

An extremely determined and brave woman decides to pursue her dream of walking around the world. Impossible, you think at first. Polly shares, step by step, her exciting journey. We read day-to-day details of joys and struggles and of true supporters, and others who miss the mark. Polly provides a shining example of how to take on a goal, and overcome obstacles to attain it "with a sense of humor to boot. Well worth reading.

Just finished listening to Polly's story of her journey around the world. Absolutely loved it! She is a woman of determination and courage. This is one book that will stay with me for a LONG time! I have recommended her book to many of my friends. She is a real, genuine person, sharing her adventures of her walk for breast cancer. Listening to it you get a real feel for her wonderful personality.

I enjoyed this book--a modern day odyssey without the hubris! No Cyclops but plenty of obstacles for Polly to overcome as she walks around the world over several years to raise awareness and funds for breast cancer support. Not a daily blow by blow account of her entire trip, but focuses on the highlights/lowlights of her experience with plenty of humorous anecdotes to keep you turning pages. Engaging storytelling, not self-aggrandizing, but certainly inspiring. And a special treat for Denver area readers is the possibility of having Polly visit your book group and provide even more 'behind the scenes' stories.

Reading other reviews- I wonder if other readers are missing one of the points: One person's voice cannot be expected to be heard above others especially in foreign lands. By networking through a connected group (prior to the digital social media connections available today)- Polly's voice gained volume and translation. Polly's efforts during her walk spread the word of her chosen cause- breast cancer education. With this purpose in mind, it made this story more than a travel journal. In the current world there seems to be a walk or run benefiting a cause every weekend in most major cities. This was a 5 year personal journey that took on a worthwhile cause and in turn, at times took on a life of it's own and ended up benefiting the writer as well. This is a story about people, which bring different places alive along the path of her journey. Polly takes the reader on one anecdotal adventure after the next, making you feel like you are there next to her, along for the ride. Cheers to her humor and grain of sarcasm- because in the face of challenges- if one cannot keep those intact- what do you have!?!...And she truly will show up at your book club meeting, if you ask- what a treat!!!

I was skeptical at first when this book was announced as my book club's selection, but once I started reading it, I found it to be very engaging, entertaining, and interesting. I'm always amazed by the challenges people set for themselves and am impressed with people's dedication and commitment to these goals. Polly faced a number of unexpected difficulties, but also found help in unexpected places. She was not afraid to admit her errors and was gracious in thanking the many people who helped her along the way. Polly joined us for our book club discussion, and her openness in that forum was also appreciated. I was particularly interested in her cultural insights - as opposed to most people's travel experiences - Polly stayed in homes of strangers along her journey and gained insights regular travelers would not. 3 MPH was a great armchair travel experience, as I doubt I'll ever experience the roads around the world as Polly did.

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