



TRAVEL WITHOUT TEARS: 645 ways for families to take on the world

Do you ever contemplate taking a family trip but it all seems too hard? Wonder how you'd stay sane with a toddler on a long-haul flight? Does travelling with your kids give you a sense of terror rather than joy?

If the answer is yes, then *Travel Without Tears* is for you. This practical and entertaining survival guide is a must-read for anyone contemplating a family trip. It's packed with ideas and inspiration for where to go and when to do it, as well as practical tips to help you through every stage, from booking and planning, to coping on the road or in the air, getting your kids fully engaged in the experience, and keeping the memories alive once you're home.

Don't know what accommodation will suit your family? Need some inspiration on what sort of trips are right for your kids at their current age? Worried about how to stay healthy when you're away? Want some tips on how to keep the holiday memories alive? *Travel Without Tears* has the answers.

Author Sally Webb is an award-winning journalist, editor and publisher specialising in travel, food and family. An author of nine Lonely Planet guides, she's also a mother of two, and has been travelling with her children regularly since they were babies. Having children didn't stop Sally travelling; it just taught her to do it differently.

"I know that with careful planning and organization you can take the stress out of travel and reduce the possibility for things to go awry," she says. "My children have learnt to become good travellers, but they weren't born that way."

Travel disasters are all part of the adventure, says Sally, and she shares entertaining anecdotes about her own and other people's experiences throughout the book. "I'd be lying if I said our travels have always gone smoothly. They haven't. But we survived, we've learnt from our mistakes, and looking back on the times when things went pear-shaped is all part of the fun. That's what family memories are all about. And today, for my nine- and seven-year-old the prospect of travel in any form is an exciting adventure."

Travel Without Tears: 645 ways for families to take on the world is available for \$19.99 at travelwithouttears.com, and from selected bookshops, toy shops and gift shops.

Sally Webb is available for interviews. Contact her at sally@travelwithouttears.com.

