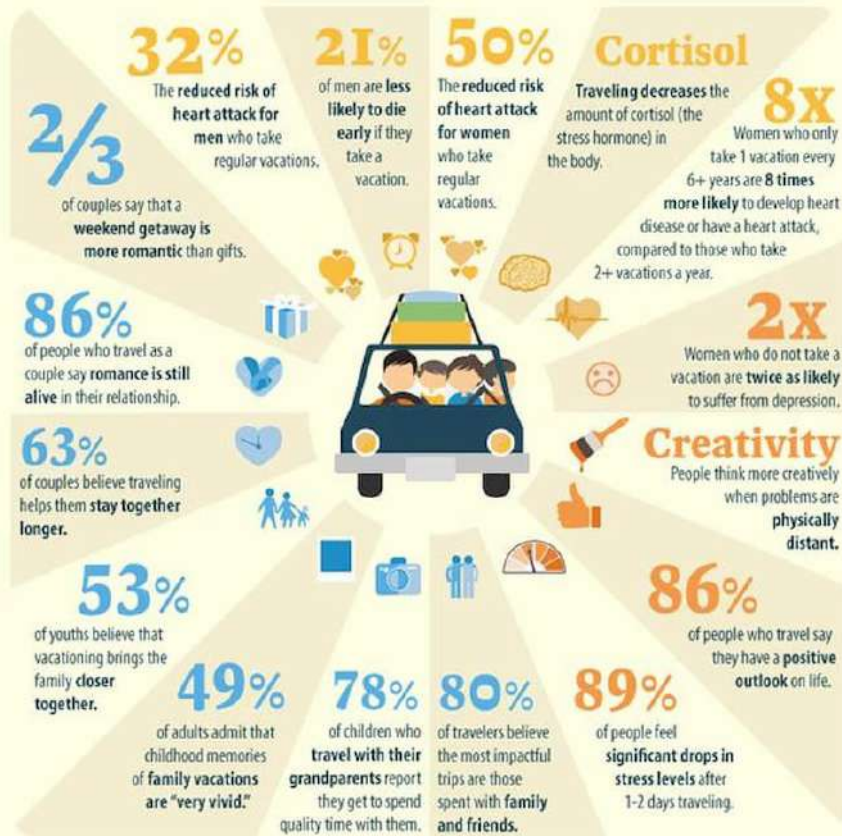


16 Reasons Why TRAVEL is Good for You

There are plenty of benefits to packing your bags and traveling the world. Besides trying out exotic foods and learning more about different cultures, traveling can also improve your physical and mental well-being.

■ Body ■ Mind & Spirit ■ Relationships



How to Go Traveling



Certainly, travel is more than the seeing of sights; it is a change that goes on, deep and permanent, in the ideas of living.

- Miriam Beard

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