

# Waiting For Snow In Whistler/tourism Whistler Justa Jeskova 3 4

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**Understanding Tourism** Kevin Hannam 2010-03-15 This text introduces tourism students to concepts drawn from critical theory, cultural studies and the social sciences. It does so with a light and readable touch, highlighting the ideas that underlie contemporary critical tourism studies in a practical and engaging way. Specifically, the authors examine how post-structuralist thought has led to a re-imagining of power relationships and the ways in which they are central to the production and consumption of tourism experiences. Eleven clear, relevant chapters provide an accessible introduction to tourism defining, explaining and developing the key issues and methods in this exciting field. These topics include: • Regulating Tourism • Commodifying Tourism • Embodying Tourism • Performing Tourism • Tourism and the Everyday • Tourism and the Other • Tourism and the Environment • Tourism and the Past • Tourism Mobilities • Researching Tourism A strong teaching text, this will be well received by lecturers seeking an authoritative, multi-disciplinary book on contemporary tourism and by students who want a practical, grounded introduction which understands their learning and research needs.

**No Logo** Naomi Klein 2000-01-15 An analysis of the invasion of our personal lives by logo-promoting, powerful corporations combines muckraking journalism with contemporary memoir to discuss current consumer culture

**Ski** 1998-02

**Trends and Skill Needs in Tourism** Centre européen pour le développement de la formation professionnelle 2005 Recoge: Part I, Identifying general trends and skill needs in tourism in the European Union and beyond -- Part II, New skills and new occupations in tourism -- Part III, Transfer os research results to policy and pratice.

**Midnight in the Garden of Good and Evil** John Berendt 2010-05-12 NATIONAL BESTSELLER • "Elegant and wicked... [This] might be the first true-crime book that makes the reader want to book a bed and breakfast for an extended weekend at the scene of the crime." —The New York Times Book Review Shots rang out in Savannah's grandest mansion in the misty, early morning hours of May 2, 1981. Was it murder or self-defense? For nearly a decade, the shooting and its aftermath reverberated throughout this hauntingly beautiful city of moss-hung oaks and shaded squares. John Berendt's sharply observed, suspenseful, and witty narrative reads like a thoroughly engrossing novel, and yet it is a work of nonfiction. Berendt skillfully interweaves a hugely entertaining first-person account of life in this isolated remnant of the Old South with the unpredictable twists and turns of a landmark murder case. It is a spellbinding story peopled by a gallery of remarkable characters: the well-bred society ladies of the Married Woman's Card Club; the turbulent young redneck gigolo; the hapless recluse who owns a bottle of poison so powerful it could kill every man, woman, and child in Savannah; the aging and profane Southern belle who is the "soul of pampered self-absorption"; the uproariously funny black drag queen; the acerbic and arrogant antiques dealer; the sweet-talking, piano-playing con artist; young blacks dancing the minuet at the black debutante ball; and Minerva, the voodoo priestess who works her magic in the graveyard at midnight. These and other Savannahians act as a Greek chorus, with Berendt revealing the alliances, hostilities, and intrigues that thrive in a town where everyone knows everyone else. *Midnight in the Garden of Good and Evil* is a sublime and seductive reading experience. Brilliantly conceived and masterfully written, this enormously engaging portrait of a most beguiling Southern city has become a modern classic.

**Explore British Columbia** Heather C. Hudak 2018-08

**Ski** 1981-02

**Corcoran Gallery of Art** Corcoran Gallery of Art 2011 This authoritative catalogue of the Corcoran Gallery of Art's renowned collection of pre-1945 American paintings will greatly enhance scholarly and public understanding of one of the finest and most important collections of historic American art in the world. Composed of more than 600 objects dating from 1740 to 1945.

**The Discipline of Organizing: Professional Edition** Robert J. Glushko 2014-08-25 Note about this ebook: This ebook exploits many advanced capabilities with images, hypertext, and interactivity and is optimized for EPUB3-compliant book readers, especially Apple's iBooks and browser plugins. These features may not work on all ebook readers. We organize things. We organize information, information about things, and information about information. Organizing is a fundamental issue in many professional fields, but these fields have only limited agreement in how they approach problems of organizing and in what they seek as their solutions. The Discipline of Organizing synthesizes insights from library science, information science, computer science, cognitive science, systems analysis, business, and other disciplines to create an Organizing System for understanding organizing. This framework is robust and forward-looking, enabling effective sharing of insights and design patterns between disciplines that weren't possible before. The Professional Edition includes new and revised content about the active resources of the "Internet of Things," and how the field of Information Architecture can be viewed as a subset of the discipline of organizing. You'll find: 600 tagged endnotes that connect to one or more of the contributing disciplines Nearly 60 new pictures and illustrations Links to cross-references and external citations Interactive study guides to test on key points The Professional Edition is ideal for practitioners and as a primary or supplemental text for graduate courses on information organization, content and knowledge management, and digital collections. FOR INSTRUCTORS: Supplemental materials (lecture notes, assignments, exams, etc.) are available at <http://disciplineoforganizing.org>. FOR STUDENTS: Make sure this is the edition you want to buy. There's a newer one and maybe your instructor has adopted that one instead.

**Backpacker** 2001-03 Backpacker brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, Backpacker is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. Backpacker's Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

**Revenue Management for the Hospitality Industry** David K. Hayes 2010-10-19 Revenue Management for the Hospitality Industry is filled with practical examples and best practices on the topic of revenue management, a critical aspect of the industry. Through numerous revenue management examples from the hospitality industry and a running case example throughout the book, students will discover how they can incorporate revenue management principles and best practices. The core of revenue management of a hospitality organisation is to, as the authors explain, "charge the right price, to the right customer, for the right product, through the right channel, at the right time." The book is intended for students with prior knowledge and understanding of the hospitality industry, and will explain what they need to know and how to

be successful.

**The Next 15 Minutes** Kim Kircher 2011-10-18 Kim Kircher's husband's illness wasn't something she could blow up as she had done countless times on the ski slopes during avalanche control. Instead, Kim faced the biggest double black diamond ski run of her life as she listened to the doctors put her husband on the transplant list while he fought bile duct cancer. The Next 15 Minutes is Kim's high octane story of how she drew strength from her life among the ski slopes and of the daring world that showed her how to survive and fight back. Kim Kircher has been an EMT with avalanche control at Crystal Mountain, Washington, for twenty years.

**Designing Inclusive Educational Spaces for Autism** Rachna Khare 2010

*Destination Branding* Nigel Morgan 2007-06-07 In today's highly competitive market, many destinations - from individual resorts to countries - are adopting branding techniques similar to those used by 'Coca Cola', 'Nike' and 'Sony' in an effort to differentiate their identities and to emphasize the uniqueness of their product. By focusing on a range of global case studies, Destination Branding demonstrates that the adoption of a highly targeted, consumer research-based, multi-agency 'mood branding' initiative leads to success every time.

**Indianapolis Monthly** 2001-12 Indianapolis Monthly is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

Resorts Robert Christie Mill 2007-09-28 Effectively Develop and Manage a Resort Property-Revised and Updated In recent years, the definition of "resort" has expanded to include any facility that provides recreation and entertainment in combination with lodging. Revised and updated for these changes, Resorts: Management and Operation, Second Edition covers both new trends, like the increasing popularity of timeshares and cruise ships, and tried-and-true businesses like ski areas, golf resorts, spas, and casinos. The book provides a comprehensive look at how today's industry classifies, develops, markets, and manages these various properties. In addition to covering new growth areas in the resort field, this Second Edition also features a wide range of resources for learning, including: \* New chapters on cruise ships, specialty resorts, and casinos, highlighting the newest trends in the industry \* New resort case studies in each chapter \* Expanded coverage on spas, pools, and indoor waterparks \* Quick Getaway sidebars, showing practical examples and applications of theories discussed in the book \* Updated statistics throughout the text that reflect the latest industry information \* Enhanced discussions of the importance of developing facilities from an environmentally conscious and business-smart perspective so that the integrity of the natural base is maintained Students on their way to a career in resorts, as well as professionals seeking to update or improve their understanding of the business, will find Resorts: Management and Operation, Second Edition the key to success in this exciting industry.

**Crush** Richard Siken 2005 A collection of poems driven by obsession reveals a poetry that is at once confessional, graceful, and savage.

**The Amenity Migrants** Laurence A. G. Moss 2006 This book describes and analyses the challenges and opportunities of amenity migration to mountain areas and its management, and offers related recommendations. The book's chapters cover the subject through case studies at international, regional and local levels, along with overarching themes such as environmental sustainability and equity, mountain recreation users, housing, and spiritual motivation. Crucial issues addressed are the relationship of amenity migration to tourism and migration motivated by economic gain. Part I (chapters 1-3) describes and analyses key aspects of the amenity migration phenomenon that arch across specific place experiences, while chapters 4-20 are organized geographically, covering amenity migration in the Americas (part II), in Europe (part III), and in the Asia Pacific region (part IV). Chapter 21 concludes by bringing all the information together and focusing on the future of amenity-led migration. The book has a subject index.

**Vancouver, Victoria and Whistler** Ulysses Travel Guides 2006-02

*Indianapolis Monthly* 2001-12 Indianapolis Monthly is the Circle City's essential chronicle and guide, an indispensable authority on what's new and what's news. Through coverage of politics, crime, dining, style, business, sports, and arts and entertainment, each issue offers compelling narrative stories and lively, urbane coverage of Indy's cultural landscape.

*Patriot Hearts* John Furlong 2011 A riveting insider's account of the 2010 Winter Olympic and Paralympic Games, and an extraordinary story of leadership, love of country and the ability to dream big. When John Furlong and his family emigrated from Ireland in 1974, the customs officer greeted them with "Welcome to Canada. Make us better," an imperative that has defined Furlong's life ever since. A passionate athlete with a track record of community service, he was roped into acting as spokesperson for Vancouver's incipient Olympic bid movement back in 1996, and then spent the next fourteen years living and breathing the Olympics. Furlong and his organizing team, including some 25,000 volunteers, orchestrated a remarkable Winter Games. Patriot Hearts is the story of how they did it. Early on Furlong realized the Olympics weren't about highways and buildings and tourism, they were about people: the athletes, and everyday Canadians who wanted to see their country shine on the world stage. He defined a vision for the games that would capture the hearts and minds of Canadians, and held to it with unwavering determination. Working with Globe and Mail columnist Gary Mason, Furlong recounts the lead-up to the Games and describes how he handled seemingly insurmountable setbacks

The Unbelievable City Willard Gilman Myers 1926

Tourism and the Lodging Sector Dallen Timothy 2009-10-26 Tourism and the Lodging Sector is a pioneering book, the first text of its kind to examine the lodging sector from a tourism perspective. The book highlights the importance of the lodging sector in tourism as a major income generator and essential part of the travel experience. The book offers an international perspective on topics such as sustainability, security, economic development, technology and globalization. The issues, concepts and management concerns facing this industry are examined, highlighting important topics such as: the place of accommodations in tourism and vice versa the social ecological and economic implications of lodging development management and restructuring issues in a globalizing industry sustainable tourism and the accommodation sector cross-sectoral linkages between lodging, food services, gaming, conferences, and other intermediaries the interaction between supply and demand safety and security in tourism and lodging. Tourism and the Lodging Sector critically examines a wide range of lodging establishments from an industry and social science perspective, drawing parallels and distinctions between the various types of accommodation, from campgrounds for the cost-conscious or adventurous outdoor traveler, to luxury, five-star resorts, and more innovative accommodation such as tree-house hotels and ecolodges. Essential reading for students of tourism, this book is an indispensable guide, unprecedented in the field of tourism management. Dallen J. Timothy is Professor, School of Community Resources and Development, Arizona State University, USA Victor B. Teye is Associate Professor, School of Community Resources and Development, Arizona State University, USA

**Backpacking in Southwestern British Columbia** Taryn Eyton 2021-05-11 A one-stop resource for hiking backpackers in beautiful British Columbia. Planning your next backpacking adventure? This book covers all the essentials including: 40 overnight hiking trails: discover the many different routes that BC has to offer Packing tips: take only the most essential items with you (plus a few comforts) Permitting: find out what permits you'll need, and where to get them Camp set-up: tips for where to pitch your tent and how to find water Environmental impact: learn how to Leave No Trace behind in the wilderness This book features backpacking routes from the North Shore up to Pemberton and Lytton and from the Sunshine Coast out to the Similkameen Valley. Beautiful photographs showcase what you'll see along the way: mountain peaks, alpine meadows, waterfalls, old-growth forests, and more. Every backpacking route in the book includes bonus features: Trail maps and route descriptions Elevation, distance and time information Points of cultural and natural history Pre-planning hints about fees, permits, and

reservations Suggested side trips and points of particular interest  
Backpacking in Southwestern British Columbia also shares options for extending an overnight excursion to several nights or a week, and for selecting hikes that match your timeline/fitness level.

*Hotelier* 1995

The Discipline of Organizing: Informatics Edition Robert J. Glushko 2016-08-05 We organize things. We organize information, information about things, and information about information. Organizing is a fundamental issue in many professional fields, but these fields have only limited agreement in how they approach problems of organizing and in what they seek as their solutions. The Discipline of Organizing synthesizes insights from library science, information science, computer science, cognitive science, systems analysis, business, and other disciplines to create an Organizing System for understanding organizing. This framework is robust and forward-looking, enabling effective sharing of insights and design patterns between disciplines that weren't possible before. The 4th edition of this award-winning and widely adopted text adds content to bridge between the foundations of organizing systems and the new statistical and computational techniques of data science because at its core, data science is about how resources are described and organized. The 4th edition reframes descriptive statistics as organizing techniques, expands the treatment of classification to include computational methods, and incorporates many new examples of data-driven resource selection, organization, maintenance, and personalization. The Informatics edition contains all the new content related to data science, but omits the discipline-specific content about library science, museums, and document archives.

#### **Indicators of Sustainable Development for Tourism Destinations**

World Tourism Organization 2004 This new guidebook is the most comprehensive resource on policy-making, planning, and management processes at tourism destinations. It describes over 40 major sustainability issues, ranging from the management of natural resources to development control, satisfaction of tourists and host communities, preservation of cultural heritage, seasonality, economic leakages, climate change, etc. This publication also contains a procedure to develop destination-specific indicators and their use in tourism policy and planning processes, as well as applications in different destination types (e.g. coastal, urban, eco-tourism, small communities). Numerous examples and 25 comprehensive case studies provide a wide range of experiences at the company, destination, national, and regional levels for all continents.

**Be Kind, Be Calm, Be Safe** Dr. Bonnie Henry 2021-03-09 From the BC doctor who has become a household name for leading the response to the pandemic, a personal account of the first weeks of COVID, for readers of Sam Nutt's *Damned Nations* and James Maskayk's *Life on the Ground Floor*. Dr. Bonnie Henry has been called "one of the most effective public health figures in the world" by *The New York Times*. She has been called "a calming voice in a sea of coronavirus madness," and "our hero" in national newspapers. But in the waning days of 2019, when the first rumours of a strange respiratory ailment in Wuhan, China began to trickle into her office in British Columbia, these accolades lay in a barely imaginable future. Only weeks later, the whole world would look back on the previous year with the kind of nostalgia usually reserved for the distant past. With a staggering suddenness, our livelihoods, our closest relationships, our habits and our homes had all been transformed. In a moment when half-truths threatened to drown out the truth, when recklessness all too often exposed those around us to very real danger, and when it was difficult to tell paranoia from healthy respect for an invisible threat, Dr. Henry's transparency, humility, and humanity became a beacon for millions of Canadians. And her trademark enjoinder to be kind, be calm, and be safe became words for us all to live by. Coincidentally, Dr. Henry's sister, Lynn, arrived in BC for a long-planned visit on March 12, just as the virus revealed itself as a pandemic. For the four ensuing weeks, Lynn had rare insight into the whirlwind of Bonnie's daily life, with its moments of agony and gravity as well as its occasional episodes of levity and grace. Both a global story and a family story, *Be Kind, Be Calm, Be Safe* combines Lynn's observations and knowledge of Bonnie's personal and professional background with Bonnie's recollections of how and why decisions were made, to tell in a vivid way the dramatic tale of the four weeks that changed all our lives. *Be Kind, Be Calm, Be Safe* is about communication, leadership, and public trust;

about the balance between politics and policy; and, at heart, about what and who we value, as individuals and a society. The authors' advance from the publisher has been donated to charities with a focus on alleviating communities hit particularly hard by the pandemic: True North Aid with its Covid-19 response in Northern Indigenous communities, and First Book Canada, with its focus on reading and literacy for underserved, marginalized youth.

ForesTalk 1976

**Making Meaning Out of Mountains** Mark C. J. Stoddart 2012 Mountains bear the imprint of human activity. Scars from logging and surface mining sit alongside national parks and ski lodges. Although the environmental effects of extractive industries are well known, skiing is more likely to bring to mind images of luxury, wealth, and health. Drawing on interviews, field observations, and media analysis, Stoddart reveals the multiple, often conflicting meanings attached to skiing by skiers, mass media, First Nations, industry leaders, and environmentalists in British Columbia. Stoddart challenges us to reflect on skiing's negative effects as he exposes how certain groups came to be viewed as the "natural" inhabitants and legitimate managers of mountain environments.

**Backpacker** 2001-03 *Backpacker* brings the outdoors straight to the reader's doorstep, inspiring and enabling them to go more places and enjoy nature more often. The authority on active adventure, *Backpacker* is the world's first GPS-enabled magazine, and the only magazine whose editors personally test the hiking trails, camping gear, and survival tips they publish. *Backpacker's* Editors' Choice Awards, an industry honor recognizing design, feature and product innovation, has become the gold standard against which all other outdoor-industry awards are measured.

Historical Painting Techniques, Materials, and Studio Practice Arie Wallert 1995-08-24 Bridging the fields of conservation, art history, and museum curating, this volume contains the principal papers from an international symposium titled "Historical Painting Techniques, Materials, and Studio Practice" at the University of Leiden in Amsterdam, Netherlands, from June 26 to 29, 1995. The symposium—designed for art historians, conservators, conservation scientists, and museum curators worldwide—was organized by the Department of Art History at the University of Leiden and the Art History Department of the Central Research Laboratory for Objects of Art and Science in Amsterdam. Twenty-five contributors representing museums and conservation institutions throughout the world provide recent research on historical painting techniques, including wall painting and polychrome sculpture. Topics cover the latest art historical research and scientific analyses of original techniques and materials, as well as historical sources, such as medieval treatises and descriptions of painting techniques in historical literature. Chapters include the painting methods of Rembrandt and Vermeer, Dutch 17th-century landscape painting, wall paintings in English churches, Chinese paintings on paper and canvas, and Tibetan thangka. Color plates and black-and-white photographs illustrate works from the Middle Ages to the 20th century.

*The Running-Shaped Hole* Robert Earl Stewart 2022-03-22 A poignant, self-deprecating memoir of an overweight man who reverses his bad habits through running. When Robert Earl Stewart sees his own pants, laying freshly laundered across the end of his bed, they remind him of a flag draped over a coffin — his coffin. At thirty-eight years old he weighs 368 pounds and is slowly eating himself to death. To deal with the fear and shame, he is compelled to eat until he is sick. But one day, following a terrifying doctor's appointment, he goes for a walk — an act that sets *The Running-Shaped Hole* in motion. Within a year, he is running long distances, making good on a deathbed promise he failed to make his mother, reversing the disastrous course of his eating, losing 140 pounds, and, after several mishaps and jail time, eventually runs the Detroit Free Press Half-Marathon. At turns philosophical and slapstick, this memoir examines the life-altering effects running has on a man who, left to his own devices, struggles to be a husband, a father, a son, and a writer.

Chicago Tribune Index 2006

**The Cellist of Sarajevo** Steven Galloway 2009-02-24 This brilliant novel with universal resonance tells the story of three people trying to survive in a city rife with the extreme fear of desperate times, and of the

sorrowing cellist who plays undaunted in their midst. One day a shell lands in a bread line and kills twenty-two people as the cellist watches from a window in his flat. He vows to sit in the hollow where the mortar fell and play Albinoni's Adagio once a day for each of the twenty-two victims. The Adagio had been re-created from a fragment after the only extant score was firebombed in the Dresden Music Library, but the fact that it had been rebuilt by a different composer into something new and worthwhile gives the cellist hope. Meanwhile, Kenan steels himself for his weekly walk through the dangerous streets to collect water for his family on the other side of town, and Dragan, a man Kenan doesn't know, tries to make his way towards the source of the free meal he knows is waiting. Both men are almost paralyzed with fear, uncertain when the next shot will land on the bridges or streets they must cross, unwilling to talk to their old friends of what life was once like before divisions were unleashed on their city. Then there is "Arrow," the pseudonymous name of a gifted female sniper, who is asked to protect the cellist from a hidden shooter who is out to kill him as he plays his memorial to the victims. In this beautiful and unforgettable novel, Steven Galloway has taken an extraordinary, imaginative leap to create a story that speaks powerfully to the dignity and generosity of the human spirit under extraordinary duress.

**Tourism and Hospitality Marketing** Simon Hudson 2008-02-18 With over 70 global case studies and vignettes, this textbook covers all the key marketing principles applied to tourism and hospitality, showing how these concepts work in practice and demonstrating the diverse range of tourism and hospitality products on offer. Chapters are packed with pedagogical features that will help readers consolidate their learning, including: - Chapter objectives - Key terms - Discussion questions and exercises - Links to useful websites - Profiles of successful individuals and organizations *Tourism and Hospitality Marketing* is accompanied by a website that offers lecturers answers to the discussion questions and exercises in the book, case study questions, a test bank, PowerPoint slides and a list of additional teaching resources.

**Kid Tribe** Joaritz Noriega 2021-01-08

**International Business and Tourism** Tim Coles 2008-02-13 Whether it's bungee jumping in Queenstown or visiting the Guinness factory in Dublin, where we travel - and what we do when we get there - has changed significantly in the past twenty years. This innovative textbook explores what is possibly the most unrecognized of international service industries, placing tourism in the context of contemporary globalization and trade-in services. It provides new perspectives on tourism as a form of international business, and the implications for firms, the state and individuals. Split into four separate sections, with introductions outlining the key themes in each, it examines important topics such as: the role of governance and regulation in tourism services the effects of increased global mobility on tourism entrepreneurship how tourism businesses are becoming internationalized why other business sectors are increasingly

interested in tourism. Case studies are used throughout to highlight important issues, from developments in the aviation industry to the rise of working holidays. This book gets to the core of a crucial service industry, and is essential reading for any researcher or student of tourism or international business.

**Tourism Impacts, Planning and Management** Peter Mason 2012-08-06 *Tourism Impacts, Planning and Management* is a unique text, which links these three key areas of tourism: impacts, planning and management. Tourism impacts are multi-faceted and therefore are difficult to plan for and manage. This book looks at all the key players involved - be they tourists, host communities or industry members - and considers a number of approaches and techniques for managing tourism successfully. Divided into four parts, this text discusses: \* The growth, development and impacts of tourism \* Tourism planning and management: concepts, issues and key players \* Tools and techniques in tourism planning and management: education, regulation and information technology \* The future of tourism planning and management: issues of sustainability and the future Up-to-date, international case studies are used, for example the impacts of 9/11 and terrorism in Bali, to illustrate and provide a real-life context for the theories discussed. Exercises are also included to consolidate learning.

**Unbound** Steph Jagger 2017-01-24 A young woman follows winter across five continents on a physical and spiritual journey that tests her body and soul, in this transformative memoir, full of heart and courage, that speaks to the adventurousness in all of us. Steph Jagger had always been a force of nature. Dissatisfied with the passive, limited roles she saw for women growing up, she emulated the men in her life—chasing success, climbing the corporate ladder, ticking the boxes, playing by the rules of a masculine ideal. She was accomplished. She was living "The Dream." But it wasn't her dream. Then the universe caught her attention with a sign: Raise Restraining Device. Steph had seen this ski lift sign on countless occasions in the past, but the familiar words suddenly became a personal call to shake off the life she had built in a search for something different, something more. Steph soon decided to walk away from the success and security she had worked long and hard to obtain. She quit her job, took a second mortgage on her house, sold everything except her ski equipment and her laptop, and bought a bundle of plane tickets. For the next year, she followed winter across North and South America, Asia, Europe, and New Zealand—and up and down the mountains of nine countries—on a mission to ski four million vertical feet in a year. What hiking was for Cheryl Strayed, skiing became for Steph: a crucible in which to crack open her life and get to the very center of herself. But she would have to break herself down—first physically, then emotionally—before she could start to rebuild. And it was through this journey that she came to understand how to be a woman, how to love, and how to live authentically. Electrifying, heartfelt, and full of humor, *Unbound* is Steph's story—an odyssey of courage and self-discovery that, like *Wild* and *Eat, Pray, Love*, will inspire readers to remove their own restraining devices and pursue the life they are meant to lead.