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Lonely Planet Cape Town & the Garden Route Davvo Moody Bitches Today We Have No Plans

Lonely Planet Cape Town & the Garden Route

Lonely Planet: The world's number one travel guide publisher* Lonely Planet's Cape Town & the Garden Route is your passport to the most relevant, up-to-date advice on what to see and skip, and what hidden discoveries await you. Soak in the view from the summit of Table Mountain, take a boat to Robben Island for an insight into the country's history, and explore the beaches, forests and verdant mountains along the majestic Garden Route - all with your trusted travel companion. Get to the heart of Cape Town and begin your journey now! Inside Lonely Planet's Cape Town & the Garden Route: Colour maps and images throughout Highlights and itineraries help you tailor your trip to your personal needs and interests Insider tips to save time and money and get around like a local, avoiding crowds and trouble spots Essential info at your fingertips - hours of operation, phone numbers, websites, transit tips, prices Honest reviews for all budgets - eating, sleeping, sightseeing, going out, shopping, hidden gems that most guidebooks miss Cultural insights provide a richer, more rewarding travel experience - covering history, people, music, landscapes, wildlife, cuisine, politics Covers City Bowl, Foreshore, Bo-Kaap & De Waterkant, East City, District Six, Woodstock & Observatory Gardens & Surrounds, Green Point & Waterfront, Sea Point to Hout Bay, Southern Suburbs, Simon's Town & Southern Peninsula, Cape Flats & Northern Suburbs, Stellenbosch, Franschhoek, Paarl, Robertson, Hermanus, Stanford, Darling, Langebaan, The Garden Route eBook Features: (Best viewed on tablet devices and smartphones) Downloadable PDF and offline maps prevent roaming and data charges Effortlessly navigate and jump between maps and reviews Add notes to personalise your guidebook experience Seamlessly flip between pages Bookmarks and speedy search capabilities get you to key pages in a flash Embedded links to recommendations' websites Zoom-in maps and images Inbuilt dictionary for quick referencing The Perfect Choice: Lonely Planet's Cape Town & the Garden Route is our most comprehensive guide to Cape Town, and is perfect for discovering both popular and offbeat experiences. Travelling further afield? Check out Lonely Planet's South Africa, Lesotho & Swaziland for a comprehensive look at what all these southern African countries have to offer. About Lonely Planet: Lonely Planet is a leading travel media company and the world's number one travel guidebook brand, providing both inspiring and trustworthy information for every kind of traveller since 1973. Over the past four decades, we've printed over 145 million guidebooks and grown a dedicated, passionate global community of travellers. You'll also find our content online, and in mobile apps, video, 14 languages, nine international magazines, armchair and lifestyle books, ebooks, and more. TripAdvisor Travelers' Choice Awards 2012, 2013, 2014, 2015 and 2016 winner in Favorite Travel Guide category 'Lonely Planet guides are, quite simply, like no other.' - New York Times 'Lonely Planet. It's on everyone's bookshelves; it's in every traveller's hands. It's on mobile phones. It's on the Internet. It's everywhere, and it's telling entire generations of people how to travel the world.' - Fairfax Media (Australia) *Source: Nielsen BookScan:

Australia, UK, USA, 5/2016-4/2017 Important Notice: The digital edition of this book may not contain all of the images found in the physical edition.

Davvo

This book centres on DAVVO but is also a look back on 17 amazing comical years, of THE PARTY CATS who played a staggering 5,580 gigs , 204 venues and 84 country towns, it was an amazing journey. Brian was a gifted storyteller and when he spoke, most would listen because he always had something to say, something that would make you laugh, feel good and sometimes shocked you. Davvo had a magnetic charisma on and off stage. His personality was infectious and he became that guy, that you just had to see more of, and he had this incredible gift of making people feel welcome, relaxed and know, that he was going to make your day a whole lot better and happier, it was a real gift. Davvo, is guaranteed to put a smile on your face, possibly awaken your worst nightmares of when YOU, were the butt of Davvo's humour. He was a cheeky larakin, a beautiful human being and didn't we all love him. So get a coffee, find a nice spot, get comfortable, relax, and be prepared to laugh, feel good, maybe shed a tear or two, and revisit some great times with Davvo and Peter, The Party Cats. PETER TILBROOK was a former member of iconic Australian 60's band The Masters Apprentices, and released his memoirs titled, A Masters Apprentice - Living in the Sixties in 2015. Both books are available online from www.petertilbrook.com.au

Moody Bitches

As women, we learn from an early age that our moods are a problem. To succeed in life, we are told, we must have it all under control: we have to tamp down our inherent shifts in favor of a more static way of being. But our bodies are wiser than we imagine. Moods are not an annoyance to be stuffed away, they are a finely-tuned feedback system that can tell us how best to manage our lives. Our changing moods let us know when our bodies are primed to tackle different challenges and when we should be alert to developing problems. They help us select the right tool for each of our many jobs. If we deny our emotionality, we deny the breadth of our talents. With the right care of our inherently dynamic bodies, we can master our moods to avail ourselves of this great natural strength. Yet millions of American women are medicating away their emotions because our culture says that moodiness is a problem to be fixed. Over-prescribed medications can have devastating consequences for women in many areas of our lives--and even if we don't pop a pill, women everywhere are numbing their emotions with food, alcohol, and a host of addictive behaviors that deny the wisdom of our bodies and keep us from addressing the real issues that we face. Here, Dr. Julie Holland shares a better way.--From publisher description.

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