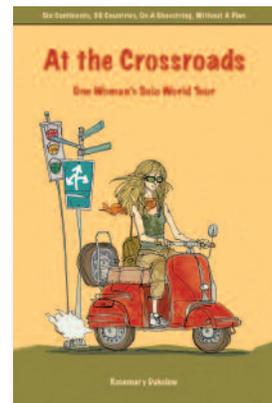


Publisher contact:
Rosemary Dukelow
travels@rosemarydukelow.com
530-713-5269
www.rosemarydukelow.com



FOR IMMEDIATE RELEASE

Woman Releases New Book About the Ultimate Cure For Her Mid-life Crisis

A solo world tour through 30 countries over six continents, on a shoestring budget with no pre-set plan

Roseville, CA (January 4, 2012) *At the Crossroads: One Woman's Solo World Tour* (ISBN: 978-00615540719, 160 pages, paperback, \$14.95), by Rosemary Dukelow (author, world traveler, and speaker), is a delightful travelogue that will entertain and inspire any woman who has ever dreamed of breaking free from her routine.

In 2010, a 53-year-old career librarian retired from her job and a lifetime of always doing the right thing. As for many women, reaching middle age seemed to trigger both the desire and the confidence to break out of the constraints and expectations created by both herself and society. She finally gave herself permission to do something she had wanted to do all her life – travel around the world.

In keeping with her thirst for freedom and spontaneity, she had the novel idea of allowing her blog readers to direct her travels at various junctures along the way. She diligently reported on her experiences to her loyal blog readers as she journeyed alone with only one suitcase and little pocket money. In order to have a more authentic experience she decided to travel mostly by land and sea. Along the way she met an engaging cross section of people while getting into and out of a few interesting (and some scary) predicaments.

- In Dubai, with an Israeli passport and unable to get an Indian visa, Rosemary was offered a place to stay by an Iranian man. Her bloggers recommended that she re-route her trip to Bangkok.
- In Rome, while waiting for a train on a deserted platform, a young man absconded Rosemary's bags.
- Rosemary was charged by a wild, bull elephant in Kenya, and, halfway around the globe, she had to go out to a fishing dock to catch her own meal at a restaurant in Thailand.
- Rosemary was kidnapped by a faux-taxi driver and driven into the hills outside Asilah, Morocco. The driver wouldn't take her back into town until she paid the ransom.

Her thoughtful descriptions highlight some of the usual, touristy points of interest but, more often than not, she shares her experiences of the many exotic, out-of-the-way places she discovered through leaving herself open to fortuitous circumstance. Over the course of one calendar year she trekked through Italy, France, Spain, Morocco, Croatia, Turkey, Kenya, Israel, Greece, Egypt, Thailand, Malaysia, Singapore, Australia, New Zealand, the South Pacific, Panama, and Columbia, with well over 100 side trips within these countries. Her decision to stay loose and uncommitted meant that she often didn't know where she would be staying the next night, or where she would be traveling to the next week. While she depended on general suggestions and advice from her blog family, once she reached a destination she had to trust her intuition and cautiously trust strangers. Through her adventures, Rosemary learned the extent of her own inner and outer fortitude, how to appreciate the simple things in life and that there really is no place like home.

The "Woman-In-Midlife-Crisis-Travel-Story" has become popular and numerous celebrities and high-profile editors have launched world tours with a lucrative book contract in hand. Rosemary's story is different in many ways: she never planned to write a book about her journey, she had no publisher or sponsors supporting her, and she was not a celebrity or high-profile personality. Like most people, she was anonymous, middle class, and worked in an unglamorous job. On the other hand, Rosemary is truly unique in that she not only viewed retirement as an opportunity to pursue her ultimate dream but she actually had enough guts and curiosity to fulfill it, making *At the Crossroads* a read that many women will relish.

Rosemary now spends her time speaking about travel, writing, blogging, and the adventure of becoming an older woman. She presents her multi-media shows at local libraries, civic events, and bookstores in the Sacramento region. You can follow her event schedule on her web site: www.rosemarydukelow.com.

At the Crossroads is the journal of how Rosemary Dukelow found the ultimate cure for her mid-life crisis. The story is light-hearted, funny, inspiring, and encouraging. Includes 43 unique photos taken by the author.

Copies available at Amazon.com and from the author's web site: www.rosemarydukelow.com.
For interviews and review copies, call 530-713-5269. For publicity materials and images, visit www.rosemarydukelow.com.