

A REALLY SIMPLE EBOOK BY
TRAVELSOFADAM.com

5 SIMPLE LIFE LESSONS

WITH PHOTOS!

A dramatic sunrise over the ocean. The sun is low on the horizon, creating a bright, shimmering path of light across the water. The sky is filled with scattered, golden-hued clouds. The overall mood is serene and inspiring.

Sunrises

are

better

than

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This photo is from Bronte Beach (Sydney, Australia). A few friends and I headed to the beach on one of our last nights in Australia so we could catch the sunrise. It's not as easy as seeing the sun set, but it's infinitely more breathtaking.

Worth waking up for.

A person wearing a red backpack and light-colored pants is walking away on a gravel path. To the right, there is a metal railing with three horizontal bars. The background is a grassy, slightly hilly area.

*Walk
everywhere.*

You never know what
you'll find.



Walk everywhere.

You never know what you'll find.

A big part of traveling is about seeing the unexpected. If you walk there (wherever you're going), you're bound to see something you didn't know was there.

This photo is from **Iceland**. I wouldn't walk too much if it's cold out, but you can do whatever you want.

12:01

Stay up late.



Stay up late.

Sure, there are enough things to see during the day to keep you busy for a lifetime. But sleep is for suckers.

Learn to use the ISO setting on your camera so you can remember what you did in the black of night.





Talk to
strangers.

Talk to strangers.

More often than not we're afraid to say hello to the person sitting next to us, to the person at the table across the way, to the barkeep, the waitstaff, the one in the cubicle down the hall. There's no need to avoid the person, and really once you make eye contact, all you have to say is as simple as "hey."

Most people don't bite. So next time just stop & say hello.

*(This photo was taken from inside the Centre Pompidou in **Paris, France**. A group in the plaza were providing free hugs to the passersby.)*



Take pictures

or
don't
take
pictures.



No photography

It doesn't matter.




Take pictures or don't take pictures.

It doesn't matter.

I can understand the urge to photograph every moment, every memory. But I can also understand the desire to avoid seeing the world through a lens. I've been a member of both camps and neither is better than the other.

Sometimes you'll regret missing a photo, but you'll have a great memory. And vice versa. There's no right or wrong. Only pictures & memories.



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THANK YOU!

About travelsofadam.com

travelsofadam.com is, among other things, a travel blog. Adam (that's me!) is a graphic designer from Boston interested in print & web design, publishing, photography & travel.

Adam is leaving on an around-the-world trip in the spring of 2010.

About this eBook

All content and photography is my own. Please do not steal.

Feel free to hang the pages up on your wall and share with your friends or those you think may be interested. If you're interested in publishing excerpts from this eBook, please do so. Just include a link back to <http://travelsofadam.com> and let me know via e-mail.

Also, feel free to send me feedback or to simply get in touch.

Happy travels!

Adam Groffman
travelsofadam@gmail.com

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