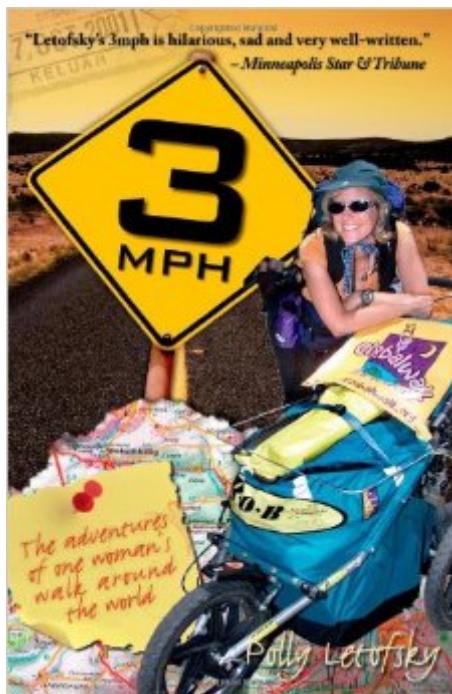


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3mph: The Adventures Of One Woman's Walk Around The World



Synopsis

WINNER 2011 Writer's Digest Best Memoir WINNER Best Travel Memoir at the 2011 IPPY Book Awards WINNER 2011 Best Memoir at CIPA Book Awards

Polly Letofsky left her Colorado home and headed west across 4 continents and over 14,000 miles--by foot--to become the first woman to walk around the world. In a spirit of adventure, along with the goal of raising global awareness for breast cancer, strangers welcomed her into their homes. The world had embraced her. But in the middle of Polly's journey, 9/11 flung us all into a crossroads in world history, and she found herself navigating a vastly changing world.

Top Book Club pick, 3mph and Pollys GlobalWalk has been featured in over 2,000 newspapers, magazines, radio and television stations around the world including Good Housekeeping, CNN International, The CBS Early Show, NBC's Your Total Health, and Fine Living Channels Radical Sabbatical. A documentary entitled Polly's GlobalWalk has been released by Newcastle Productions, and Polly narrated the audio version of 3mph which has just been released. In 3mph she richly details her journey with humor and honest reflection, the good times and the hardships. Sometimes serious, sometimes funny, but always inspirational, her story encourages us all to take on our biggest challenges--one step at a time. 3mph is available in bulk for businesses, associations, nonprofits, and teachers for school curriculum. For special pricing and printing options, email author directly at

Book Information

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Best Sellers Rank: #305,524 in Books (See Top 100 in Books) #6 in Books > Travel > Australia & South Pacific > South Pacific #139 in Books > Health, Fitness & Dieting > Exercise & Fitness > Walking #188 in Books > Travel > Australia & South Pacific > General

Customer Reviews

I was underwhelmed by "Eat,Pray,Love" so didn't have any real expectations when I started this

book....just the interest of seeing what women choose to do that's different. This was really different! Polly has a contagious sense of humor about herself and the people - both nice and nasty - who cross her path. Five years is a big chunk out of one's life - and I admire her strong commitment to the breast cancer cause. The experience seems to prove that when you extend yourself to help others, you receive help back tenfold. Thank heaven she got rid of Tabitha and Sarah! A thoroughly enjoyable and quick-to-read book.

Straight-shooting narrative covering Polly's five-year walk around the world. As far as memoirs go, this is certainly more fun and uplifting than most. It's light on navel-gazing and heavy on cultural experiences, many of which are both HILARIOUS and educational. I enjoyed learning about each country that Polly walked through and experiencing the people and places at 3mph instead of by train, plane, or automobile. I thought her overall outlook was generous and lighthearted, and I was encouraged by her story. As a side note, Polly lives in Denver and recently visited my book club. If she ever does an audio edition of this book I'll get it and listen... her personality is grounded but fun and would add even more to the reader's experience of her travels.

Walking around the world? A woman? Five years? At first it was hard for me to believe that any woman could tackle such a big feat, but after reading 3mph I realized that if any woman could do it, it was Polly. There were so many times I laughed out loud while reading Polly's story. What a powerful, inspiring, motivating memoir. Polly shares her journey with heart and humor, so if you love "feel good" stories, inspirational tales, and triumphant defeats - this is a book you'll want to read - perhaps over and over again. When I closed the book, I realized that this wasn't just about Polly's journey, this was about the journey of every person who ever had a dream and needed to take it one step at a time. By the end of this book, you'll realize that you too can do your own "walk around the world!"

This is one of those books you just don't want it to end. Yet, I was reading voraciously every single day. Since I properly walk (2 hours daily every day for the last 10 years) I related to Polly's story straight away. Even though I do not have the intention of walking the world, I was hooked to this story from the get go. Polly is everything you would love to have in a storyteller. She's wit, funny, honest, simple (yet compelling) and knows how to keep you turning the pages. I encourage you strongly to get this book and get inspired by a story that will take you through the Mojave desert, Australia, Malaysia, Singapore, India, Turkey, Greece, Italy, Germany, England, Ireland, Scotland

and the US back. What a treat! Most importantly Polly walks for a reason: raise awareness on breast cancer. Global Walk

Polly's goal since she was 12 was to walk around the world. I now think of her every time I have to park on the opposite end of the parking lot while shopping! While reading 3mph I kept reflecting on how I could conquer fears in my own life. I was yelling at her a few times; holding my breath while she was in India or being chased by men in Turkey. The biggest lesson I got out of 3mph was about attitude. Attitude can shape you, change you, and that if you're stripped of everything in your life, no one can take away your attitude. Thanks for that lesson, Polly.

Loved, loved, loved this book! Well written... interesting, descriptive of cultures, panoramic of country settings, honest no hold barred of emotions penned with well placed touches of humor. Thank you Polly for making your "one step at a time" trip to promote early detection and treatment of breast cancer. You are one special lady! I would highly recommend this book to anyone.

This book was a little hidden treasure. I enjoy reading books about people's various adventures while traveling but this one really just drew me in. Being a woman, I could never fathom walking across town on my own let alone heading out into the big, bad world with just my trusty cart named Bob. She was not letting anything get in her way and she maintained such an impressive attitude and vision throughout her entire journey. She gave it her all each and every day. I was delighted to see that she partnered with the International Lions Club while in New Zealand. I have been a Lions Club member for about 4 years and it made me proud to see how they took her under their wing and passed her along through many of the towns & countries. As our motto states - We Serve! I highly recommend this book to anyone who enjoys travel logs and tales of the immersion into local culture. She was walking on behalf of Breast Cancer Awareness and brought that medical issue to places that never heard about it before and probably now have saved many lives just by being there and being Polly. She was amazing and wish I had known she was coming through PA back in the early 2000's. We would love to have her as a speaker if she passes this way again.

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