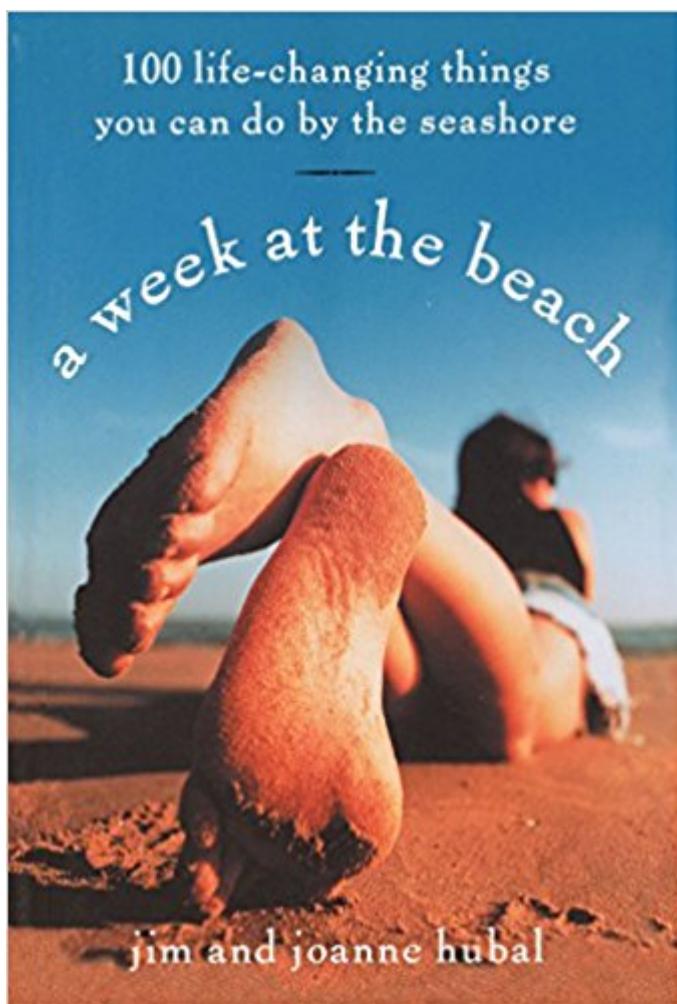


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# A Week At The Beach: 100 Life-Changing Things You Can Do By The Seashore



## **Synopsis**

A Week at the Beach is a unique and beautifully packaged collection of activities and enjoyable trivia to encourage beach visitors to seek an extra dose of renewal, inspiration, or just plain fun during their time at the beach. One hundred thought-provoking activities gently nudge readers to examine their lives, ask important questions, let go of habitual patterns, and grow closer to others. Watch the clouds, read the want ads in the local paper, take pictures of your favorite beach smells, and talk to a lifeguard: each activity is designed to fit naturally into the beach vacation experience. Alternating with these 100 activities are surprising, thoughtfully chosen beach-related trivia, quizzes, tips, and quotations, as well as line drawings throughout. A Week at the Beach is an ideal gift for anyone visiting the beach for a long weekend, a week, or the whole summer, and will make a beloved companion for the tens of millions of devoted beachgoers everywhere.

## **Book Information**

Paperback: 224 pages

Publisher: Da Capo Press (April 2003)

Language: English

ISBN-10: 156924491X

ISBN-13: 978-1569244913

Product Dimensions: 5.5 x 0.5 x 8.7 inches

Shipping Weight: 11.7 ounces (View shipping rates and policies)

Average Customer Review: 3.6 out of 5 stars 9 customer reviews

Best Sellers Rank: #1,420,087 in Books (See Top 100 in Books) #66 in Books > Travel > Specialty Travel > Beaches #3270 in Books > Self-Help > Stress Management #5412 in Books > Travel > Travel Writing

## **Customer Reviews**

"An irresistible...guide to the exotic, eccentric, and esoteric regions of the soul to which...the beach can conduct us." -- Lena Lencek and Gideon Bosker, authors of *The Beach: A History of Paradise on Earth* and editors of *Beach: Stories by the Sand and Sea*

JIM HUBAL is a teacher and writer who has appeared on radio and television dozens of times.

JOANNE HUBAL has recently returned to writing full-time after many years of teaching. She has also published greeting cards and numerous cartoons and humor essays for national publications including *Cosmopolitan* and the *Chicago Tribune*. They both have extensive experience as

speakers and workshop presenters, and live a few steps from the ocean in Rehoboth Beach, Delaware.

This book isn't going to change your life.. but it really is a nice, light, fun book. It's a nice book for families or anyone heading for the beach. I bought it as a fun summer read and added it to my special bookshelf for decoration.

This book could not be found at the local book store and if it were in stock it would be at the full price of a new book.

cool ideas

I hesitated buying this book since I had not personally read it and intended to give it as a birthday gift to a friend who loves the beach, but there were such great reviews that against my better judgment I purchased it and we gave it to him. He randomly opened the book and it was talking about going nude at the beach as one of the activities. He questioned us about it and of course we were embarrassed. We are Christians who desire to live for the Lord and wish we never bought this book because we certainly would never advocate that. That was just one page. I was afraid to look and see what the others contained. It doesn't matter, we apologized and will definitely learn from that lesson.

In "A Week at the Beach", the Hubals have captured the essence of the sun and sea. Some of the suggested activities took me back to childhood experiences -- things I did in youthful innocence and had long since forgotten. Bits of wisdom, obscure facts, silly puns and occasional challenges are nestled between the mix of fun and inspirational activities. (Do you know the history of the bikini or why the Peruvians call the warm Pacific current El Nino?) Inspiring and well-written, this book will be a permanent part of our beach trips as I look forward to re-creating some of those childhood memories!!

The Hubals' book could easily be subtitled "How to Get the Most Pleasure, Joy, Growth, and Unadulterated Fun Out of Your Beach Vacation." It is really three books in one: 1) a guide to making any beach vacation the vacation of a lifetime, 2) an entry-level self-help book that focuses on fun, and 3) a collection of funny, fascinating, sometimes useful, and sometimes wonderfully bizarre

beach trivia. Buy it and read it (it takes perhaps an hour) twice a year: once when planning your beach vacation, and again when you first arrive at the beach and kick off your shoes. At worst, this book will make for a better vacation; at best, it will change your life.

First, I am fiftyish and intend to retire in northern Minnesota where summer is short and winter is deep and long. Still the message here is applicable to that environment. Beaches have the reputation for soulful activities outlined in this book, but the lessons can be applied anywhere you feel comfortable with the nature around you. I found the trivia informative and the thought behind the activities to be provoking. I highly recommend it.

I, too, live by the beach and appreciate the fun and beauty and solace it offers beyond measure. And while I'm sure that the Hubals are wonderful people, this book is unbelievably trite and oozes with over-the-top sentimentality. For example, #88 titled Cry or #93, "Make a wish and write in the sand with a feather." Entries also lean to the bizarre: #87 "Let a child take pictures of you"--the Hubals suggest "borrowing a child from a friendly family" if you don't have a child of your own. And #83--I agree watching dogs play at the beach is entertaining, but the mention that your dog will be delighted that there are "dead things to smell" is just too too much. And #79: "Give some money away" never even mentions the beach or the ocean--were editors sleeping during this tangent? For those of you who are Saturday Night Live fans, this book puts "Deep Thoughts" to shame. Unless you're looking for a good laugh or enjoy the sappiest of sappy books, pass this one up.

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