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From the Boardroom to the Bedroom: The Protocol Praxis Archives Available

July 07th 2015: I'm Leaving on a Jet Plane...

Do you ever just want to run away? Or, are you getting vacation envy as those around you jet off on their summer trips? The truth is TRAVEL can be very empowering. Scientific research has shown that we tend to be happier with EXPERIENCES than with material objects to the extent that we are generally happier spending our money on a vacation than on a souvenir from that trip. Travel can bring you serenity, joy, self-awareness, compassion, courage, resilience, connection, gratitude, and understanding. My guest this week is an expert traveler who has been to over 75 countries and, on many occ

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Featured Guest

Guest Image

Leyla Giray Alyanak

Leyla Giray Alyanak is a "nomad" who has traveled to over 75 countries, is creator of the website Women on the Road, and is the author of "Women on the Road: the Essential Guide for Baby Boomer Travel." She was born in France and grew up in Canada, Spain and the Middle East. She took her 1st solo trip (without her parents' permission) from Spain to Morocco when she was 15. She became a journalist and foreign correspondent and moved from Madrid to Montreal to Geneva to Bangkok. She now lives in rural Eastern France. Several years ago, she took a long-term job to cross Africa as a foreign correspondent for Earth Times. She had planned to travel 6 months but was gone over 3 years in Africa (

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