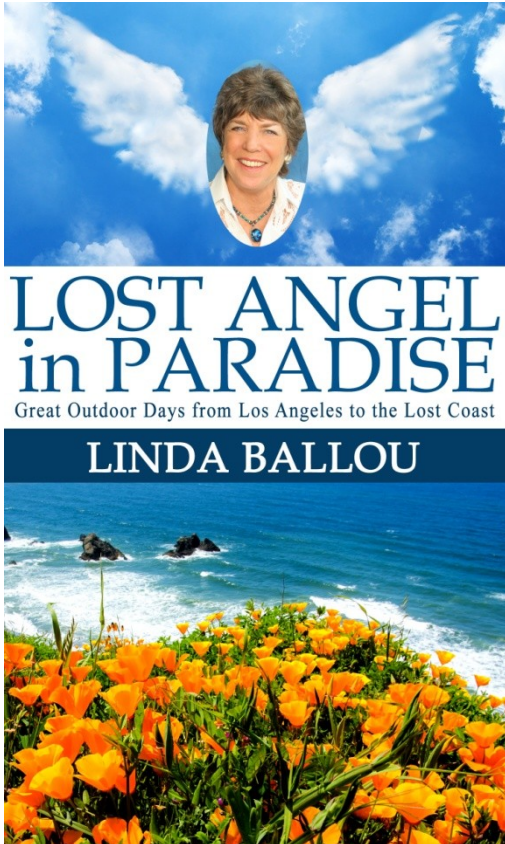


For Immediate Release
January 30, 2019

Travel Writer Linda Ballou announces the release of her newest adventure - **Lost Angel in Paradise: Great Outdoor Days from Los Angeles to the Lost Coast**



Escape with Linda Ballou as she takes you on her favorite power-packed outdoor days along the sun-splashed California Coast from Malibu to Mendocino. Let your spirit free strolling long stretches of sand in solitude. Breathe deeply of the restorative energy of fern forests shaded by towering redwood giants. Kick-start creativity while meandering among flower-infused meadows, listening to wind voices off a full-blown sea. Get the rust off your soul and find harmony in nature. When you are done with your hike, tuck into tasty treats at a sweatband-friendly eatery Linda has tested personally. You have earned your calories! Linda implores you to explore, and to seize your day in the “Beauty Way”—a state of harmony in nature that the Navajo call Hozho. These daytrips can be enjoyed by anyone with a modicum of fitness and a spirit of adventure.

Kindle Purchase Link:

https://www.amazon.com/Lost-Angel-Paradise-California-Adventures-ebook/dp/B07N32LZ19/ref=sr_1_4?s=books&ie=UTF8&qid=1548703807&sr=1-4&keywords=Linda+Ballou

Lost Angel Website:

<https://lostangeladventures.com/>

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