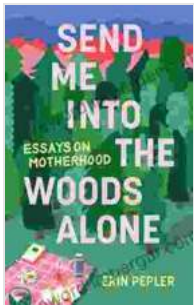


Send Me Into the Woods Alone: A Journey of Self-Discovery and Adventure

In her new book, *Send Me Into the Woods Alone*, Taryn Brumfitt shares her inspiring story of self-discovery and adventure. After years of struggling with body image issues, Taryn decided to embark on a solo journey into the wilderness. She spent 10 weeks hiking through the remote forests of Tasmania, Australia, and along the way, she learned a lot about herself and the world around her.



Send Me Into the Woods Alone: Essays on Motherhood

by Erin Pepler

★★★★★ 5 out of 5

Language : English
File size : 1853 KB
Text-to-Speech : Enabled
Screen Reader : Supported
Enhanced typesetting: Enabled
Word Wise : Enabled
Print length : 181 pages



Taryn's story is a powerful reminder that we are all capable of great things, even when we feel lost or alone. Her journey is a testament to the power of self-belief and the importance of following our dreams.

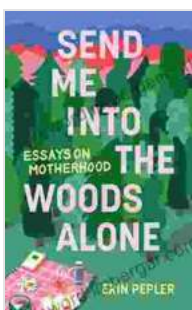
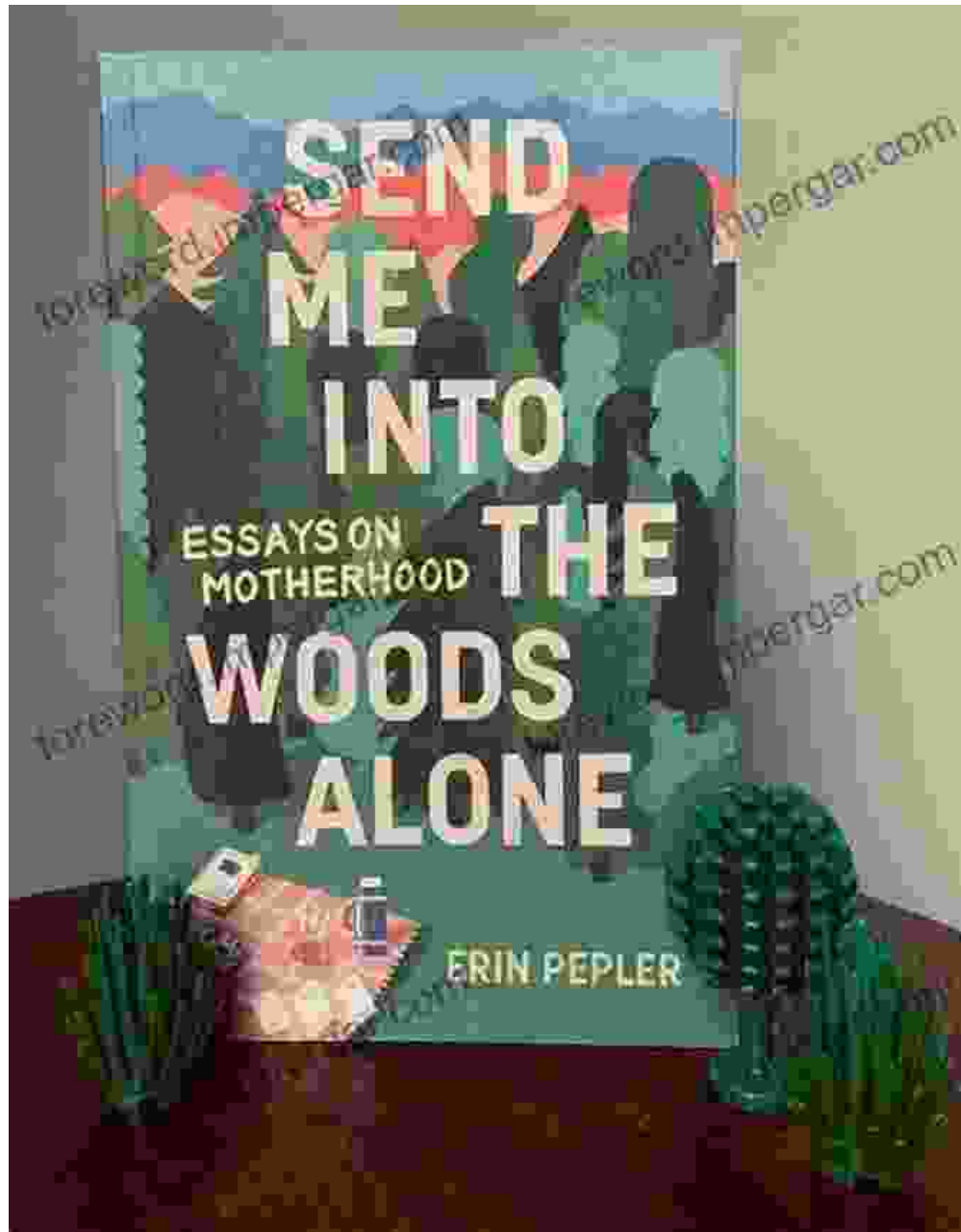
If you're looking for a book that will inspire you to step outside of your comfort zone and embrace your own unique journey, then *Send Me Into the Woods Alone* is the perfect read for you.

About the Author

Taryn Brumfitt is an Australian author, speaker, and body image activist. She is the founder of the Body Image Movement, a global movement that aims to help people love and accept their bodies. Taryn's work has been featured in major media outlets around the world, including The New York Times, The Guardian, and The Huffington Post.

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