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Press Release

Beyond the Safari—Woman Bicycles Solo Through Southern Africa

CHICAGO—October 26, 2011—It's not often that a woman unexpectedly finds herself bicycling solo through southern Africa and forging her own path through foreign lands, but this is exactly what happened to Heather Andersen. *I Never Intended to Be Brave* is Andersen's story of inner strength and fortitude that takes her on an unanticipated seven month journey of exploring unfamiliar lands on a bicycle.

Andersen dreamed of exploring southern Africa by bicycle after her service as a U.S. Peace Corps volunteer. But before her trip even started, her group dwindled to just two and she found herself traveling with a man she had never met before. Tension between them built until the inevitable split, and Andersen chose to continue on alone.

"I Never Intended to Be Brave is an inspiring story that will encourage you to dream big, overcome your fears, and strive to reach your potential... Reading Andersen's book may inspire you to live a life of 'no regrets.'"

—Susan Heim, Editor *Chicken Soup for the Soul*

"What a thrilling book! I felt as though I became Heather's traveling companion and was there to see the sights, hear the sounds, and feel 'the dark!'"

—Vandita Kate Marchesiello, Director of Kripalu Professional Associations

Andersen vividly describes her surroundings, the colorful people she encounters, and the adventure of traveling in southern Africa as a solo woman on a bicycle. She travels through Malawi, Zambia, Botswana, Namibia, and South Africa, appreciating their mix of culture, wildlife and scenery. Despite the challenges of the trip, Andersen learns to connect with the land and its people, resulting in a far more intimate experience than any safari.

I Never Intended to Be Brave is published by Windy City Publishers and is available from www.amazon.com, www.bn.com, and your local independent bookseller. Paperback—ISBN: 978-1-935766-15-5—274 pages—\$14.99; eBook—ISBN: 978-1-935766-25-4—\$8.99 available on Amazon Kindle, Apple iBookstore, Sony eReader, and Barnes & Noble Nook

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