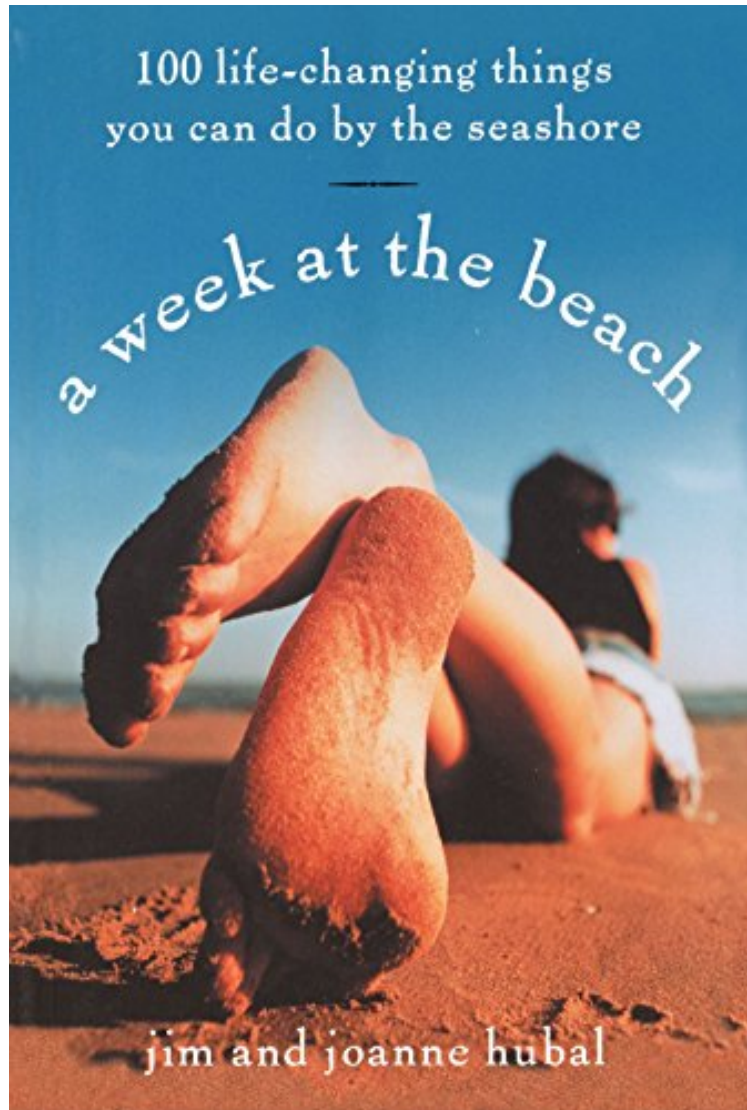


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## A Week at the Beach: 100 Life-Changing Things You Can Do by the Seashore

*Jim Hubal, Joanne Hubal*  
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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.

"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*About the AuthorJIM 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.