

## Coach to Como: A Reflective Coach Trip To Lake Como, St Moritz And Milan, Poured Out In A Stream Of Consciousness



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### **Reviews**

*This created ebook is great. it was writtern very properly and useful. Its been printed in an exceedingly easy way in fact it is just right after i finished reading this pdf where basically modified me, alter the way i think.*

*(Aglæe Becker)*

## COACH TO COMO: A REFLECTIVE COACH TRIP TO LAKE COMO, ST MORITZ AND MILAN, POURED OUT IN A STREAM OF CONSCIOUSNESS

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CreateSpace Independent Publishing Platform. Paperback. Condition: New. This item is printed on demand. 210 pages. Dimensions: 8.0in. x 5.0in. x 0.5in. The Coach to Como Gary Troia is a writer, he has also been a bricklayer, a teacher, a philosophy student and a sufferer of several disorders, including: manic depression, alcoholism, fear of flying and a dislike of most people. After Gary announces that he will no longer fly, his wife, Poppo books a coach holiday to Lake Como. One week later, with the newly acquired kittens dropped off at the cattery, Gary and Poppo embark on a twenty-four hour coach journey to Italy. Gary always believed the restless, relentless, impossible-to-satisfy voice in his head was one of his greatest assets. How else can you climb the ladder in an ultra-competitive field like writing except through nonstop hand-wringing and hyper vigilance. For a while, his strategy worked. What happened next was completely unforeseen. Through a bizarre series of events - involving gangsters, the ICF, deportation from the States, Christian cults and the AA - Gary stumbled upon something that helped him tame the voice in his head: Self-help books. He spent years reading them then had a quiet revolution. Gary's life was not transformed into a thing of beauty, but he did gain a passion for daily reflection and meditation. While the book itself is a narrative account of a journey to Lake Como the coach to Como is the story of survival, recovery and revelation. Though the book claims to be a travel memoir, it is essentially much more than that. . . . the book is well crafted, with various threads being skilfully interwoven to give a colourful but incredibly honest account of the journey Gary has undertaken since he has come to terms with his ego, his internal struggles...

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