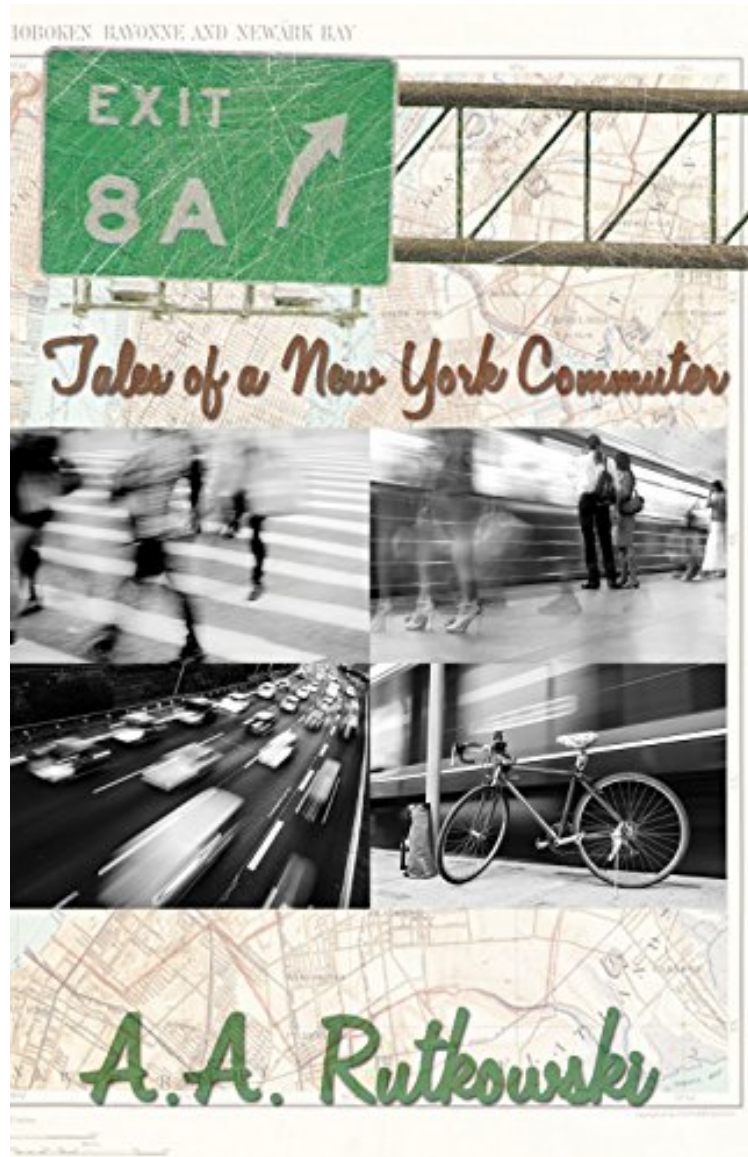


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Exit 8A: Tales of a New York Commuter

A.A. Rutkowski

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A.A. Rutkowski : Exit 8A: Tales of a New York Commuter before purchasing it in order to gage whether or not it would be worth my time, and all praised Exit 8A: Tales of a New York Commuter:

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things I have read in a long time. It's REAL. Alice really meets these people and unfolds a happening - whether it is a street person or a Buddhist monk, a UN official or a bus driver on the NJ Turnpike, a shaman at the airport or a thief in a limo. HOW she unfolds these connections IS the crux of this book. Full of lessons for us all. And, for me, the commute just got a whole lot better!

Put the YOU back into commuting. Breathe life into even the most mundane and tedious journey. Take Exit 8A and find your hero, face your fear, feel love, practice radical forgiveness, even save a life. Exit 8A turns author A.A. Rutkowski's commute on its head and gently coaxes YOU to do the same with yours. Eighteen inspiring and true stories are seen through eighteen lenses on her twice-daily encounters of New York traffic congestion and super-motion. Through these stories, you will experience and respond differently to the dreaded stress zones that especially affect mega-commuters. In between cups of coffee, doses of varying aromas, or chasing internet connectivity on the bus, you'll likely be identifying with your own stories!

About the Author A. A. Rutkowski, Ph.D., is nicknamed the "People Whisperer" for her uncanny ability to quickly read and respond to others. She is an entrepreneur, speaker, and performance coach with an expertise in body language. Alice has touched the lives of thousands of people from all walks of life, and is known for her warmth and humor. Featured on radio, television, and in various newspaper articles, she brings life to her mega commute.