



## Three of My Favourite Places to Visit

By Dr. Linda Hancock

### ABOUT THE AUTHOR

Dr. Hancock has written a regular weekly column entitled “All Psyched Up” for newspapers in two Canadian provinces for more than a dozen years. Over the years, her readers and clients have said that they have benefited from her common-sense solutions, wisdom, and sense of humour. Dr. Linda Hancock, the author of “Life is An Adventure...every step of the way” and “Open for Business Success” is a Registered Psychologist who has a private practice in Medicine Hat. She can be reached at 403-529-6877 or through email [office@drlindahancock.com](mailto:office@drlindahancock.com)

### Published

April 8th, 2011

I have been very fortunate to have had an opportunity to travel to many interesting places. Whenever I am asked by others about which was my favourite, I find it difficult to give one answer. In fact, I usually talk about four cities that had I really enjoyed.

Seattle, Washington - One lovely afternoon I took a walk along the wharf and admired all the beautiful yachts and ships. A city tour provided me with the interesting tales of this area which boasts a significant number of billionaires. The Pike Place Market was a fun place to watch fresh fish and organic goods being sold to happy and eager shoppers.

Montego Bay Jamaica - Most of us associate this area with resorts but I think of interesting culture. The people of Jamaica are so happy and have a strong desire to serve others. My trip up into the hills allowed me to visit a village school and see the smiling faces of three and four-year old's who sang for us. I ate goat (a traditional meal), drank rum and enjoyed High Tea that was served every afternoon.

Washington, DC - Two days is not enough to see everything that the United States capital has to offer. Even though it was raining heavily, the trolleys that are driven by knowledgeable tour guides followed a route that transformed stories of history into real places that I could enjoy. Standing in front of the White House felt surreal. The Capitol was one of the most Beautiful places that I had ever seen. Ford Theatre was restored exactly as it had been when Lincoln had been shot and I stood within feet of the chair where he sat on that fateful night.

Oahu, Hawaii - This tiny island that is only 42 miles long, features Pearl Harbour, the Polynesian Village and Waikiki Beach. My biggest thrill was being able to sing on stage with Don Ho who became famous for the song "Tiny Bubbles". A luau and island tour that included the most difficult golf course in the world and the Dole Pineapple Factory were highlights. The warm island breezes and beautiful setting caused me to wonder how I could possibly be right in the middle of a postcard perfect place.

There are many interesting and wonderful places to visit throughout the world. It is important to remember, however, that no matter where you are, if you have the right mindset life can be an adventure!