



# The Boy Who Was Afraid of the World

By Jamie Bowlby-Whiting

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## The Boy Who Was Afraid of the World By Jamie Bowlby-Whiting

As a child who suffered from crippling and irrational fears, Jamie was not the typical candidate to start hitchhiking alone through Europe. Yet at the age of 25, tired of a mundane life involving routines and comfort, he gave up everything and put his trust in the goodness of strangers. Told in the first person, this true story encapsulates the dizzying highs and desperate lows of what happens when a fearful individual chooses to let go of everything and travel alone through the world, sleeping under the stars and in the homes of strangers. It is a story about places, about people, about the constant internal battle that occurs during six months on the road. This is not an epic adventure or a travel diary. This is not a story about defeating fear and being courageous. This is an internal roller coaster spread across a whole continent. This is real life, and sometimes real life is big and scary.

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As a child who suffered from crippling and irrational fears, Jamie was not the typical candidate to start hitchhiking alone through Europe. Yet at the age of 25, tired of a mundane life involving routines and comfort, he gave up everything and put his trust in the goodness of strangers. Told in the first person, this true story encapsulates the dizzying highs and desperate lows of what happens when a fearful individual chooses to let go of everything and travel alone through the world, sleeping under the stars and in the homes of strangers. It is a story about places, about people, about the constant internal battle that occurs during six months on the road. This is not an epic adventure or a travel diary. This is not a story about defeating fear and being courageous. This is an internal roller coaster spread across a whole continent. This is real life, and sometimes real life is big and scary.

## **The Boy Who Was Afraid of the World By Jamie Bowlby-Whiting Bibliography**

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## **Editorial Review**

### **About the Author**

As a terrified child, Jamie found the world somewhat overwhelming. After doing what he was told to do for the first twenty-something years of his life and obtaining a Masters in Mathematics, he decided that the fast-paced, money-orientated world of work wasn't quite for him. Since that time he has spent much time hitchhiking, cycling, and even rafting down the Danube on a homemade raft. During these journeys, he has largely relied upon the kindness of strangers who offer him a place to sleep, as well as camping out under the stars. He shares more of his adventures through his blog, Great Big Scary World:  
[www.greatbigscaryworld.com](http://www.greatbigscaryworld.com) [www.facebook.com/greatbigscaryworld.com](http://www.facebook.com/greatbigscaryworld.com)

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