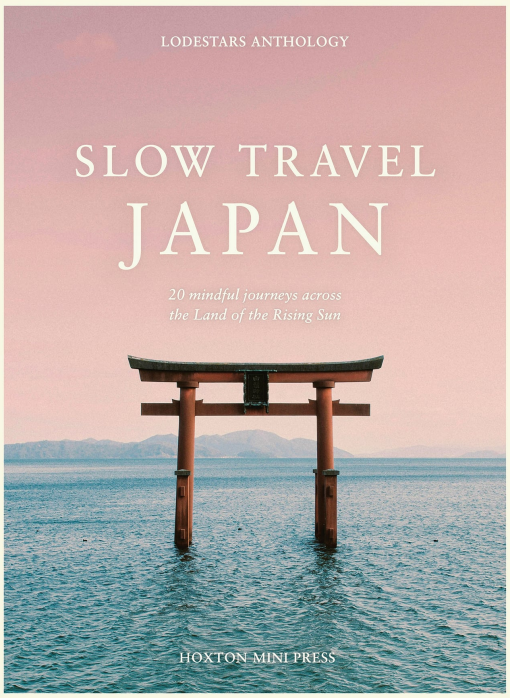
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Slow Travel Japan

20 mindful journeys through the Land of the Rising Sun

Liz Schaffer

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- With 2024–2025 setting records for tourism across Japan, this beautiful and practical title appeals to readers seeking mindful and sustainable ways to discover the country
- *Lodestars Anthology*, the magazine founded by the author, has a large, global audience and frequently sells over 10,000 copies per issue

This is a book about traveling for those of us who'd rather take our time. Whether it's meeting artisans in Toyama or wandering between onsen hot springs in Kinosaki, walking the Kumano Kodo pilgrimage trails or relaxing in the tropical paradise of Okinawa, travel is so much more than ticking off landmarks or filling an Instagram grid. This stunning book of 20 inspiring essays, each complete with a directory of personal recommendations, offers a considered, authentic approach to one of the world's most traveled destinations.

Liz Schaffer is the founder and creative director of *Lodestars Anthology*, an independent travel magazine that explores a single country per issue.

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