



## PRESS RELEASE – for immediate release

### Author inspires a national stampede to “Seize the Day!”



One adventurous woman had an epiphany on an expedition to the Antarctic and now shares her life-changing story. Similarly, because of the pandemic and the resulting lockdown, many people are also now at a crossroads and it has forced them to re-evaluate their lives and discover what is important, just like her.

Karen Espley, 58, from Horsham, West Sussex has published her new book, *The Impulsive Explorer*, the first in a trilogy of adventures she has taken in the last 20 years.

In 2000, when stressed from a high-pressure environment and working long hours in the corporate world, Karen, after a challenging process, was selected for a once-in-a-lifetime opportunity to visit the Antarctic for six weeks.

The expedition, ‘Mission Antarctica’, was an environmental project with One Step Beyond, organised by polar explorer Robert Swan OBE, the first person in history to walk to both the North and South Poles. The project’s aim was to support a Russian team in collecting waste around their base on King George Island, for extraction and removal.



However, while living and working in challenging and very basic conditions, and standing on the edge of the world, as we have all been in the last year, Karen found the courage to make the impulsive decision to leave the corporate world behind.

“Dare to dream!” say Karen. “If Covid has taught us anything, it’s that you never know what is around the corner. It is never too late to make a change or do something different. You do not want to die having regrets for missed opportunities. The world won’t stop if you take six weeks off.”

Karen wrote her book after being encouraged by many of her friends to share her inspirational experiences. Her entertaining, Bill Brysonesque book will appeal to armchair adventurers, and inspire those who feel stuck in a rut, are limiting their potential, and not being true to themselves. *The Impulsive Explorer* will be followed by *The Curious Explorer* and *The Escaping Explorer*, revealing Karen’s further adventures in West Africa, New Zealand and Australia.

Her mantra is, “Seize the day - when opportunity comes knocking, grab it with both hands!”

#### ENDS

- Karen is available for interview: please contact Book Brilliance Publishing.
- *The Impulsive Explorer* by Karen Espley, published by Book Brilliance Publishing, out 30<sup>th</sup> March 2021, £14.99, ISBN 978-1-913770-08-2
- With a foreword by Robert Swan OBE, BA, FRGS

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