

Go with the

FLOW

THE BLANK SLATE of a new year tempts us to vow — yet again — to “improve” ourselves. But instead of focusing on soon-abandoned resolutions (lose weight, take a class, sleep more), renowned chef and foodie idol Anthony Bourdain has a much simpler plan to self-improvement...be open.

Coming from a man who has feasted on putrefied shark and a still-beating cobra heart, you might resist the urge to follow his advice, but the best-selling author and celebrated TV personality maintains that in life — just as with food and travel — the willingness to experience something new can vastly improve your outlook and your world. “If you look back on your history of vacations, what were the most memorable experiences? They were probably the times when things went hilariously wrong and yet something small and marvelous just happened to happen,” he explained to *Verizon Spotlight*.

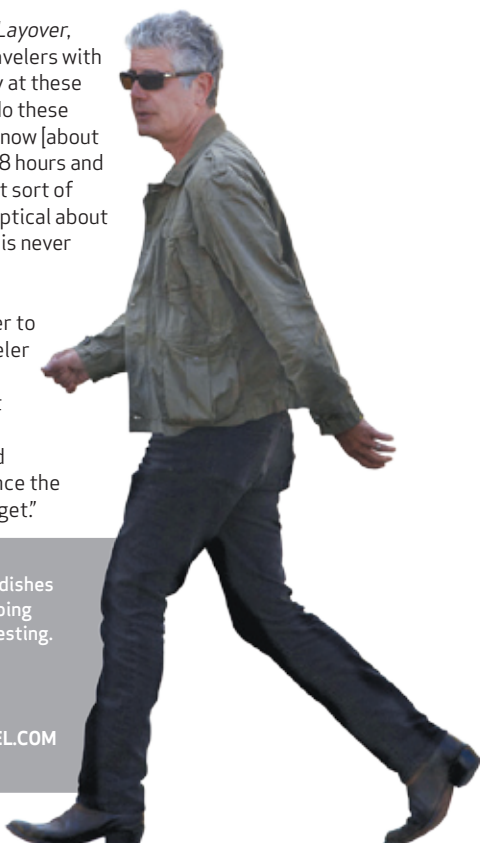
Expanding horizons is nothing new for the New Jersey-born Bourdain; his cult-status hit series *No Reservations* (Travel Channel) has spirited him to every corner of the globe, where he’s encountered the kinds of extraordinary situations that prompt goosebumps — and worse. But, Bourdain counters,

“I often say that if you don’t leave yourself open to have a really bad meal, you will never have a perfect meal.”

In his newest Travel Channel series, *The Layover*, Bourdain highlights unique places for travelers with stopovers. “You’ll actually be able to stay at these hotels, or eat at these restaurants, and do these things...It’s not everything you need to know [about a city], it’s just: here you are, you’ve got 48 hours and this is what I would do. I’ve learned to just sort of follow my curiosity and be very, very skeptical about the conventional wisdom. The concierge is never going to send you to the right place.”

For those of us who prefer to stay closer to home, you don’t have to be a world traveler to find your next something new. There are plenty of adventures to be had right in your own backyard. It’s just a matter of being open to the “bad, ridiculous and annoying situations in order to experience the really great ones that you will never forget.”

TRAVEL CHANNEL SUPERSTAR, **ANTHONY BOURDAIN**, ON LIVING LIFE TO THE FULLEST



Anytime **Anthony Bourdain** dishes out advice, you can bet it’s going to make your life more interesting. Catch him in action on:

THE LAYOVER: MONDAYS AT 9/8C

NO RESERVATIONS: VISIT TRAVELCHANNEL.COM FOR AIRTIMES.