

YOU DID WHAT?! FOR A WHOLE YEAR?

Spend your year tightening your belt for the recession? Traveling the world? Eating every piece of food that graced your plate? Well, why not write a book about it? These authors did. —KATE WARD



Read the dictionary
A word lover devours 20 volumes of the OED. (2008)



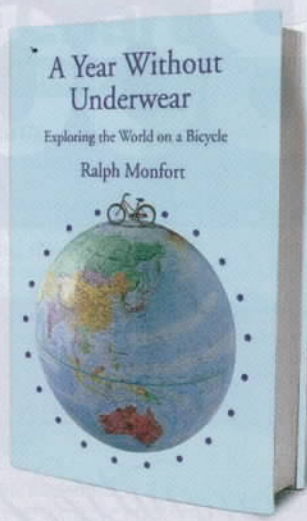
Played French horn
A man confronts midlife with a brass instrument. (2008)



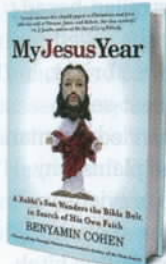
Faced unemployment
An American copes during Japan's recession. (2009)



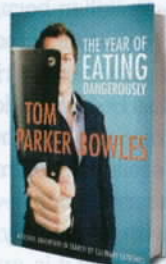
Trained a pup
A man and a scruffy dog team up for a competition. (2009)



Biked around the globe
After retiring from the Air Force, a colonel bikes through 41 countries. (2006)



Tried Christianity
An Orthodox Jew trades his yarmulke for a cross. (2008)



Ingested scary things
A Brit foodie travels the world to eat insects, offal, and more. (2007)



Survived a recession
A woman keeps a diary about life in the troubled U.S. (2009)



Lived among radicals
A man remembers working for an extremist Islamic charity. (2007)



Boycotted goods
One family attempts not to buy any products made in China. (2007)



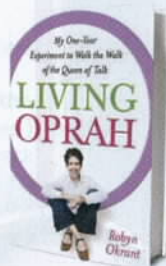
Took photos
Two women 3,191 miles apart snap pics before 10 a.m. (2008)



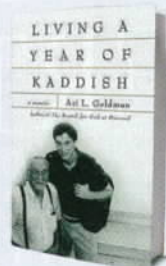
Resisted buying unnecessary items
In order to save some serious green, a woman attempts to purchase only essential goods. (2007)



Tried to be happy
After an epiphany, a woman attempts to lighten up. (2009)



Listened to Oprah
A woman follows the talk-show host's lifestyle advice. (2010)



Prayed
After his father's death, a man says Kaddish every day. (2003)



Toured Europe
A couple take their very old cat on a grand European tour. (2004)



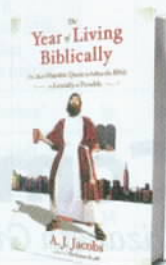
Dated
A woman says yes to every man who asks her out. (2006)



Ate competitively
A man tries to win eating contests by gorging. (2006)



Cooked like Julia Child
A blogger cooks all of Mastering the Art of French Cooking. (2005)



Followed the Bible
An agnostic man opts to live by the good book's rules. (2007)