

Alison Tilley: Refreshingly Frank, Open and Honest

In Alison Tilley's 39 years, she's circled the globe 10 times.

"You don't live the kind of life I have without learning a few lessons along the way," said Tilley, founder and CEO of www.TropicalLiving.com. "Those lessons helped me create my own philosophy about the best way to live my life."

On Tilley's TropicalLiving.com website, the entrepreneur is not afraid to share her unusual life story, her travel anecdotes and her unique philosophy about life through over 100 audio clips.

"This is something that is rarely done," Tilley said. "I hope these clips will not only allow my clients to get to know me better, but also inspire them to slow down, reconnect and celebrate life with more "Leisure in Luxury" at home and abroad."

Tilley's philosophy includes regular escapes to tropical islands, a clean diet, and the creation of lists to help create a happier, healthier, more balanced life.

The audio clips include "My Inspiration," "How Leisure Time has Become Endangered," "The Importance of Writing Lists and Designing Your Life," "Making Time for Mid-Course Corrections," as well as suggestions on "How to Reconnect to Yourself and Others."

The audio clips allow Tilley to imbue her business—which she describes as "uniquely personal"—with her own personality. Tilley is refreshingly frank, open and honest about a wide variety of topics, including the story of the first time she lay naked in a jungle and the luxurious three-hour treatment she enjoyed and how she made a "mid-course correction" by resigning from her first unhappy marriage. It's Tilley's hope that by sharing her story, she can help others design a happier life and, if necessary, make "mid-course corrections" along the way.

After a lifetime spent traveling the world, Tilley believes in the importance of travel to deepen the level of those things that matter most in our lives: our relationship with ourselves, each other and nature. One audio clip that supports this philosophy is this:

"I was inspired to create Tropical Living because I am genuinely concerned about the speed of life, the lack of leisure time and its effect on people. Leisure time has become endangered by the global epidemic of busyness. Tired, overworked and starved for quality time off, our busy lifestyles place enormous strains on togetherness. As people get busier, they neglect some of the most important aspects of being alive—our connection with ourselves and those we love. Marriages and relationships suffer because we do not invest the necessary time to nurture each other and stay connected. It takes time to stay connected."

On the topic of designing your own life, Tilley shares:

"For most people, everyday life is too chaotic for personal reflection. Caught up in and distracted by our busy schedules, there is often little time or energy left for peaceful introspection. Writing lists of what you like and want in life is an extremely useful tool. Lists have assisted me in discovering what I really appreciate about being alive and what makes me happy. Throughout different phases of my life, I take time to reflect on what's working—by making lists—and then decide what course I want my life to take."

At 18, Tilley set out to travel the world alone. At 19, she started an international import/export homeware business based in Bali, Indonesia. At 21, she moved Kathmandu, Nepal and set up a women's co-op to knit sweaters which she sold internationally. At 22, she wrote and self-published a best-selling travel book. At 23, Tilley hit the proverbial wall. She succumbed to burnout. So, she retreated to the islands of the South Pacific. That's when Tilley made what she calls a "mid-course correction" and focused her renewed energy—and the next 15 years—on exploring the most beautiful tropical islands in the world.

Alison Tilley is an island, spa and tropical lifestyle expert and is available for interviews and appearances. TropicalLiving.com is an unusual tropical travel, homeware and lifestyle company that advocates slowing down, reconnecting and enjoying more "Leisure in Luxury." It offers practical

solutions for a happier, healthier, more balanced life. Visit Tropical Living on the World Wide Web at www.TropicalLiving.com.

Combining luxury tropical travel, homeware, philosophy and philanthropy has never been done like this before. Tropical Living—An Oasis Online. It's Upscale that's Uplifting.