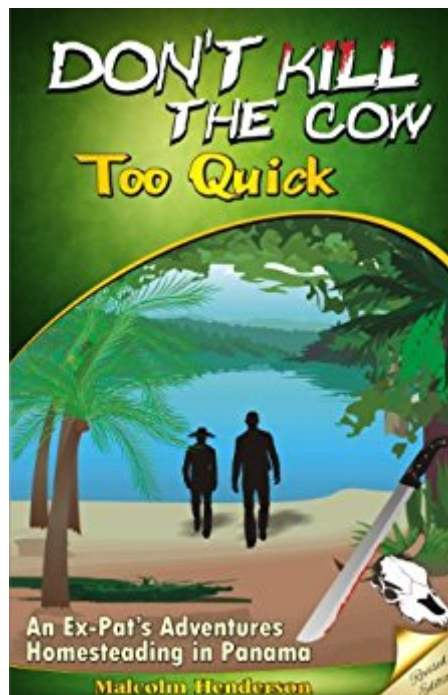




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# Don't Kill The Cow Too Quick: An Ex-Pat's Adventures Homesteading In Panama (Revised Edition)



## Synopsis

Get Our New Updated and Revised Edition of Don't Kill The Cow Too Quick: This edition includes updates along with a number of photographs for your reading pleasure. Retiring to live on a group of islands off the Caribbean coast of Panama, the author humorously describes how he learned through experience, from the first essential of handling a boat without danger to himself and others to his ultimate achievement of establishing an organic farm on the shore of a distant lagoon. Interspersed with vignettes of the local culture, the account gives an insight to the challenges facing 'Gringos' when pursuing dreams of life on a tropical island. Covering a span of six years from the beginning of the growth of a tourist industry to a time when the islands were clearly destined to become a major tourist destination, Don't Kill the Cow Too Quick records a passing era.

## Book Information

File Size: 1015 KB

Print Length: 299 pages

Simultaneous Device Usage: Unlimited

Publication Date: March 28, 2013

Sold by: Amazon Digital Services LLC

Language: English

ASIN: B00C3JEP7U

Text-to-Speech: Enabled

X-Ray: Not Enabled

Word Wise: Enabled

Lending: Not Enabled

Enhanced Typesetting: Not Enabled

Best Sellers Rank: #720,811 Paid in Kindle Store (See Top 100 Paid in Kindle Store) #60

in Kindle Store > Books > Travel > Central America > Panama #139 in Kindle Store > Kindle eBooks >

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## Customer Reviews

Having problems uploading the video version of my review.. here's the YouTube link - [...] If you enjoy books like A Year in Provence or Under the Tuscan Sun, you'll enjoy the easy, conversational style of Malcolm Henderson, sharing the stories of how he and his wife quit the rat race and followed their bliss into their own tropical version of God's country in Panama. Sometimes funny,

sometimes starting but always compelling, you get to follow first-hand how this ex-pat created his version of dropping the deferred life plan for something closer resembling The Four Hour Work Week - well, his version anyways! The author talks about stumbling towards happiness - one part planning, preparation & research into the ex-pat lifestyle. This kind of story appeals to me - that in the end life happens while we're making plans.

With a smooth lyrical style, Malcolm Henderson leads the unsuspecting reader on a journey into the unforgiving beauty of a virginal land untarnished by the best intentions of man. Bocas del Toro offers Henderson and his artist wife, a chance to live a life filled with the unforgiving mercies of Mother Nature. Henderson provides the reader a feast of experiences that can be harvested when two, joined at the heart, face life without all the frills and with much of the unknown reality at each turn. Many only dream what these travelers actually face...and survive with a new appreciation for life and living.

This book is written in an easy conversational style and is filled with stories of how the author and his wife left the rat race in the US and sought a new life style in tropical Panama. These stories are sometimes funny and sometimes hard but never dull. The author shares a deep love for his adopted country and the people that live there. Though he struggles at times with the new culture he never puts it down. I was captivated by the author's stories and his writing style. Find a comfortable chair and relax as this read will take a while but you'll love every minute.

Having been to Bocas a couple of times vacationing, I find your book very intriguing!! I can envision my husband and I being the new Malcolm and Pat in the next few years. We love Panama and were fortunate to meet you in Boquete back in October at your book signing there.

I found the book to be fun and interesting because I'm currently staying in Bocas del Toro on a private boat. I would not want to be a permanent resident - too hot, buggy, dirty. I liked Malcolm's self-deprecating humor and adventures.

Malcolm's story is one of adventure in Panama. He describes well the mix of Latino, Indian and Gringo people in Bocas del Toro. I really enjoyed reading about how Malcolm and his wife Pat created a new life for themselves in the third world.

Having spent much time in Bocas del Toro, this book was a most delightful and realistic account of building a life and living there. I highly enjoyed Mr. Henderson's account, often humorous, of his experiences in Bocas.

Well written, informative and entertaining. The photographs added to the enjoyment. Now, Malcolm, how about an autobiography? The little bits you told about your life, and about Pat, made me want to read more.

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