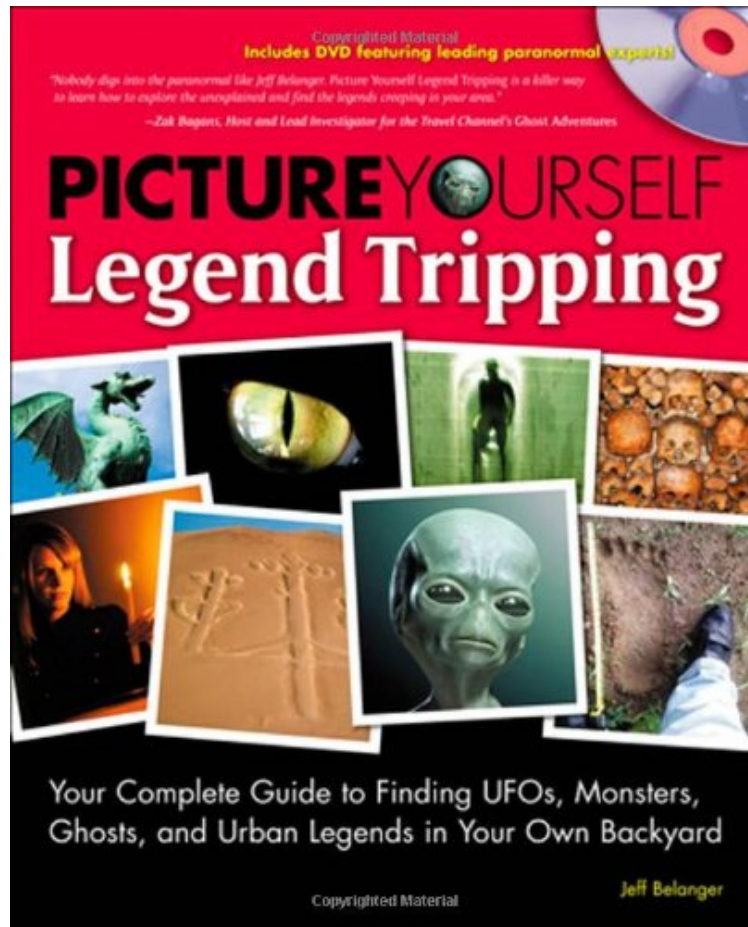


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Picture Yourself Legend Tripping: Your Complete Guide to Finding UFOs, Monsters, Ghosts, and Urban Legends in Your Own Backyard

Jeff Belanger

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Jeff Belanger : Picture Yourself Legend Tripping: Your Complete Guide to Finding UFOs, Monsters, Ghosts, and Urban Legends in Your Own Backyard before purchasing it in order to gauge whether or not it would be worth my time, and all praised Picture Yourself Legend Tripping: Your Complete Guide to Finding UFOs, Monsters, Ghosts, and Urban Legends in Your Own Backyard:

3 of 3 people found the following review helpful. Good Introduction to the Paranormal By Michael A Smith "Picture Yourself Legend Tripping" is a good, concise introduction to the paranormal, best for those who have yet to delve into the subject. Belanger, a writer for the Travel Channel's sometimes silly Ghost Adventures, covers all the bases, from Atlantis to zombies, and includes advice on acquiring equipment, interviewing witnesses, researching local legends

and writing reports. His own writing style is casual and conversational, with corny jokes and plays on words. If you know little about the paranormal, or so far have limited your research to only one aspect, this is a good book for you. It tells you enough about all the facets of the subject to let you decide what to investigate next. On the other hand, if you've been at this for a while, you probably won't learn very much. So, my bottom line is, if you want a good overview, try this book. If you already know about MUFON, the Nazca lines, chupacabra and the upcoming apocalypse, you might want to look for more focused material.

2 of 2 people found the following review helpful. I Got Tripped....By TimmyC76It was by a local legend and I hope they didn't take a picture!! If so it probably would be in Jeff's next book!! This book was a great read it gave his personal beliefs on different subjects and legends were. If you yourself are looking for a motivator to get out there yourself for the first time this book should be the motivator you are looking for!! I myself had always been intrigued by the paranormal and am involved in a group that performs localized research on the subject. I had the pleasure of meeting Jeff two years ago at a lecture and figured I would give his book a try. If you have a chance to attend a lecture or to read one of his books he is a real entertaining individual (and I mean that in a good way).

1 of 1 people found the following review helpful. Jeff Belanger is very entertaining!By Ms. Melissa GoldsberryI've read several of Jeff's books, and they are awesome. He is very entertaining, also a very interesting guy. I was lucky enough to meet him last year and get his autograph. Picture Yourself Legend Tripping was an awesome book! I loved reading it. It definitely makes you want to go out and explore all these things. This book is very highly recommended.

What is legend tripping? There's a good chance you've already done it. Remember sneaking off into that cemetery at night as a kid to see if there were any ghosts? What about hearing there was a monster lurking in that old abandoned building and wanting to check it out? Or reading about a UFO landing site and wanting to plan your next vacation in the area so you could stand where the craft was said to have left its mark? That's legend tripping. But it's also so much more. Any television program you've ever seen that explores haunted places, ancient mysteries, UFO sightings, or strange creatures is legend tripping. First there was a story: a legend that was born and grew because people had unexplained experiences and shared what they saw, heard, and felt. In *Picture Yourself Legend Tripping: Your Complete Guide to Finding UFOs, Monsters, Ghosts, and Urban Legends in Your Own Backyard*, you'll learn how to find, explore, and document these amazing, and often paranormal, occurrences. And you don't need expensive equipment or training, because this book will show you how to have an incredible adventure in your own backyard this weekend. Bring your open mind and your sense of wonder. Get ready for legend tripping!

Interview with Jeff Belanger
Lee Prosser, author of *Missouri Hauntings*, interviews Jeff Belanger about his new book, *Picture Yourself Legend Tripping*.
Lee Prosser: Jeff, it is a pleasure to interview you about the topic of legend tripping! You have certainly written an intriguing book. The research involved must have taken some time... Did you find the research more involved than for your previous books?
Jeff Belanger: *Picture Yourself Legend Tripping* has been many years in the making. This is not a new idea, of course. The concept goes back for thousands of years. The idea is to actively pursue legends. Folklorists have been using the term "legend tripping" for many years. It originally meant ostension--to sneak out, break the rules, and try to tempt something paranormal. I'm redefining the meaning. This time we do have permission, we're not breaking rules, but we are still having a bold adventure. The concept of legend tripping is the evolution of my views on the paranormal, having studied this field for 15 years now. I was getting frustrated with the drama and problems I saw becoming so prevalent in the paranormal community. Legend tripping is my own return to all of the elements I love most about this subject: the story, the legends, talking to others about their brush with the unexplained, and my own experience once I'm inside the legend. What inspired you to create this special, highly readable "guide"? I want legend tripping to be a movement. Something that resonates with a lot of people, that spurs them to get out and dive into the legends that are lurking everywhere. Every movement needs a starting point, so the book is that. Plus I launched a new Web site to support the movement. The response so far has been incredible. My hope is that other authors will write books about legend tripping, that television shows will form around the concept, and people will be proud to identify themselves as legend trippers. I can't make a movement on my own. The book is just the first step in an endless journey. Were there some parts that sparked your interest from past investigations?
Sure. All of my past investigations helped shape who I am and what I believe. I thought a lot about my first time exploring the Catacombs of Paris, France. How I went in alone. No ghost hunting gear, just me, the history, the sights, the sounds, smells, and the human experience. And I actually saw something. I want most of my legend trips to be like that... and there's no reason they can't be. I get excited by looking for this stuff. You have a knack for coming across all things macabre and curious. Were you born with this talent, or did it develop along the way? I've always had a love for the weird. But I'm especially interested in the human experience--my own and that of the eyewitness. After doing this for a bunch of years, I've developed an eye and ear for these kinds of stories. Plus people know I'm out there doing this and so I've become a magnet for strange stories. I think I have the coolest job in the world. You would say, then, that everybody can become a legend tripper, if they wish? If people are reading this far, my guess is they already are legend trippers. But yes, anyone can be a legend tripper. Just look into a mirror and repeat after me: "I'm a legend tripper." There you go, now you're in the club. Anyone who has ever even watched a paranormal television show is

legend tripping, albeit the most passive form of the pursuit. To discuss a legend or to study its origins is still legend tripping. But for the full experience, you need to get out there and walk where Bigfoot was said to walk, you need to crawl through that creepy haunted building, and you need to talk to the witnesses. Finally you need to breathe in the legend for yourself and see what happens. No equipment is necessary beyond what you have on you right now. To me, personally, chapters two and five held great appeal because they concerned ghosts and UFOs. Did you find UFOs a difficult section to research, or was there an abundance of material available? UFOs have always fascinated me because it poses a big question: Are we alone in the universe? There's an abundance of research out there, so finding the information was not that difficult. But redefining the quest for UFOs within the realm of legend tripping took some work. For the book I interviewed some folks from MUFON--the Mutual UFO Network--which is an amazing and organized group. BUT... while I applaud their thoroughness of data collection, I feel like they sometimes miss the point and overlook the story, the legend, and the human experience. I love stories of UFOs and abductions. I want to see the photos and videos. But I also want to go to the landing sites and talk to the witnesses myself because the legend of that sighting doesn't end when the flying object disappears. The legend goes on for as long as we talk about it. A Look Inside Picture Yourself Legend Tripping Legend Tripping Equipment No, you dont need thousands of dollars in gear and fancy equipment to go legend tripping. You dont need night vision, nor do you need handheld meters that measure electromagnetic force that stuff looks cool on TV, but it weighs you down. Bring this:

1. Introduction (What Is Legend Tripping?). 2. What is a Legend? 3. Ghost Tripping. 4. UFO Tripping. 5. Crypto Tripping. 6. Ancient Mystery Tripping. 7. Urban Legend Tripping. 8. Investigation Techniques. 9. Interviewing the Witness. 10. Documenting Your Findings. 11. Appendix and Other Resources. About the Author Jeff Belanger is one of the most visible and prolific legend researchers today. He is the author of a dozen books on the paranormal (published in six languages) including the best sellers: *The World's Most Haunted Places*, *Our Haunted Lives*, *Who's Haunting the White House*, and *Weird Massachusetts*. He's the founder of Ghostvillage.com, the Web's most popular paranormal destination according to Google.com, and a noted speaker and media personality. He's also the host of the cable/Web talk show, *30 Odd Minutes*. Belanger has written for newspapers like *The Boston Globe*, he is the series writer and researcher for *Ghost Adventures* on the Travel Channel, and he's been a guest on more than 200 radio and television programs including: *The History Channel*, *The Travel Channel*, *Living TV (UK)*, *The Maury Show*, *The CBS News Early Show*, *PBS*, *National Public Radio*, *The BBC*, *Australian Radio Network*, and *Coast to Coast AM*. He's also the founder of LegendTripping.com, a site devoted to the pursuit of the unexplained. Visit his personal Web site at: www.jeffbelanger.com.