

Pineapple and Palms

A TRAVEL AND LIFESTYLE
BLOG



ABOUT THE BLOGGER

Pineapple and Palms is about trying to figure out this ride called life. It's filled with self love and healing while traveling and finding courage to have new experiences. I spent 5 years healing from the trauma of domestic abuse and, for me, therapy was surrounding myself with a tribe of supportive people AND travel!

I want to share the happiness and healing that comes along with new adventures!



ELSEWHERE

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