

Get Away To Find Renewal & Inspiration



After a long pandemic of fear, isolation, illness, death, and economic loss has gripped the world, escaping somewhere, anywhere, for a break sounds heavenly. Indeed, the travel business is heating up right now. We all need to find a place and time to recharge our batteries, feel safe and entertained, that is beautiful, and is nurturing to the soul.

For me it is an island — Nantucket — and it serves as my inspiration to create an award-winning, critically-acclaimed, Amazon best-selling children's book, ***Ack! The Nantucket Duckling.***

Ah, Nantucket.

It is a beautiful island made up of 45 square miles of great tranquility. The National Park Service cites Nantucket, designated a National Historic Landmark District in 1966, as being the "finest surviving architectural and environmental example of a late 18th- and early 19th-century New England seaport town."

The lead character in my book, Ack, was actually named after the tiny Nantucket Airport, ACK.

The island's calming, melodic sound of the ocean's ebb and flow, the warmth of a sunlit sky showering sunlight on us, and the feel of a gentle Nantucket breeze that lifts our hearts and combines to create a perfect setting for reflection, meditation, and renewal.

We embrace the natural and the physical, turning away from concrete, technology, and life's hustle and bustle. Life slows down, simplifies, and settles into a new schedule of no schedule and a tempo that follows the hypnotic cadence of nature.

You don't need me to encourage you to take a vacation, but if you can, even if just for an overnight or a weekend, find your own Nantucket. Get out of your routine and stop thinking about chores, errands, or obligations. Explore a new place and wash your eyes with a change of scenery.

For me, an island represents a back-to-basics style of living. It is a return to nature. It is about being outside, taking long walks, seeing sunsets or sunrises, and turning our devices off. Go play in the sand, visit a lighthouse, swim in the water, sail a boat, or see birds and fish go about life so freely.

Nantucket that place for me. I spent parts of many summers there with family and friends, first as a child, and now as an adult mom with my husband and children. It's a magical place to me, one that refuels my mind and body, reminding me of what really matters.

My book was inspired, in part, by not just my many trips to Nantucket, but by the Nantucket Duckling Parade, where sometimes hundreds of ducks march to an island landmark, an area surrounded by a tidal marsh and fed by freshwater springs. It is a wonderful sight to behold.

Everyone should find their own hideaway. It doesn't matter where you go or what you do there. Just explore and seek out a new setting. Get back in touch with your childlike abilities to wonder, experiment, and play.

Build your own island, wherever you go.

A.K. Spurway, certified in Positive Parenting, is a mom of three young children. She is the founder and CEO of www.Nanducket.com, an empowering family lifestyle company, and the best-selling author of ***Ack! The Nantucket Duckling***. Her mission is to help inspire kids to celebrate their differences, so they grow up in a kinder world that's more inclusive, diverse, and rejects bullying.