

Unplugged: How to Disconnect from the Rat Race, Have an Existential Crisis, and Find Meaning and Fulfillment

by

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This book offers a practical, hands-on look at how to disconnect from the consumerist matrix long enough to discover your most fulfilling life. Sections include where to go, how to finance your trip, corporate sabbatical programs versus going it alone, staying in touch with your support network and how to make the most of your trip. For those unable to embark on a physical journey, the final chapter includes tips on how to unplug from home.

Success stories and lessons from others who have unplugged are included throughout the book, as well as writing exercises to get you mentally prepared.

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