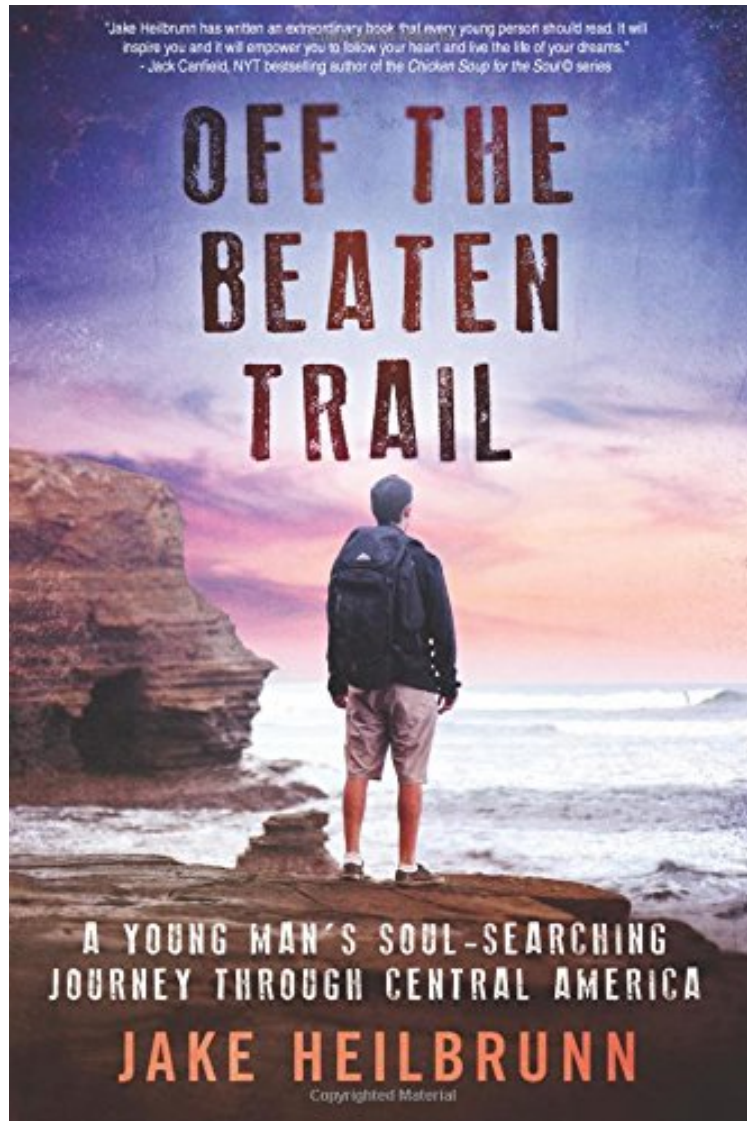


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# Off the Beaten Trail: A Young Man's Soul-Searching Journey Through Central America

Jake Heilbrunn

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**Jake Heilbrunn : Off the Beaten Trail: A Young Man's Soul-Searching Journey Through Central America** before purchasing it in order to gage whether or not it would be worth my time, and all praised Off the Beaten Trail: A Young Man's Soul-Searching Journey Through Central America:

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imagine his journey into the unknown. Wonderful young man..and very supportive family. Lives herein San Diego...hope I get to meet him one day. 0 of 0 people found the following review helpful. A great read! By Margaux Thieme This is a fun, motivational read for anyone who wants to travel but just hasn't made it happen. Jake's book will make you say adios to the life we're prescribed by society and go have a million adventures. His open and honest descriptions of his experiences is humbling as he sheds light on some deep, meaningful questions about our existence. What really struck me, is just the fact that he came back from his trip, started writing a book, and actually published it so early in life. So inspiring. Bravo! 0 of 0 people found the following review helpful. Powerful and Inspiring! By bfelix0511 Jake is so amazing and inspiring! This was such a powerful book and helps keep me inspired on my journey for more freedom and adventure! You should DEFINITELY check out this book!

An extraordinary journey that began with one simple question: What if the life I'm living isn't for me at all? At 18, Jake set out on the path that had been prescribed for him and countless other teenagers around the country: college. But a health issue and an internal conflict surfaced the profound questions that would radically change his life: Why am I here? What is my purpose? Is there more to life than this? With raw honesty and compelling insight, Jake answers these questions and others, exploring what happens when we take a leap of faith in pursuit of our dreams. From the deepest depths of the Guatemalan jungle to being stranded on the mountaintops in Nicaragua, to living in a spiritual, island community and meeting influential travelers along the way, Jake unravels the essence of what it means to be alive and awake. *Off the Beaten Trail* is a coming-of-age story that illuminates what is possible if we dare to follow our hearts and heed our intuition. This captivating memoir will not only entertain and inspire, but also motivate you to pursue the life that calls out to you. Praise for *Off the Beaten Trail*: Jake Heilbrunn has written an extraordinary book that every young man should read. It will inspire you and it will empower you to follow your heart and live the life of your dreams. -Jack Canfield. Author of *Chicken Soup for the Soul* and *The Success Principles* "This is a brave, beautiful book. Most of us experience periods of doubt and discontent at some point in our lives, and the way we respond to those seasons can chart the course for the rest of our lives. Jake made a bold choice to question everything. The lessons of his search, told here in *Off the Beaten Trail*, can help you when you arrive at your next set of crossroads." -Chris Guillebeau NYT bestselling author of *The \$100 Startup* and *The Happiness of Pursuit* I hated to see *Off the Beaten Trail* end. I wanted more. Jake Heilbrunn may be a young man but no one but an old soul could write a book that contains so much inspiration and wisdom. -Paul Coleman, Psy.D. author of *Finding Peace When Your Heart Is in Pieces* Jake Heilbrunn's journey of self discovery gives hope to all who are willing to risk the unknown in the pursuit of finding oneself and one's passion. His wisdom belies his youth and his message speaks to all of us who seek clarity and purpose in our lives. -Walter Green, Author of *THIS Is the MOMENT! ..How One man's Yearlong Journey Captured the Power of Extraordinary Gratitude*. 'Off the Beaten Trail' is a brutally raw memoir." - The San Diego Union Tribune

"Jake Heilbrunn has written an extraordinary book that every young man should read. It will inspire you and it will empower you to follow your heart and live the life of your dreams." -Jack Canfield Author of *Chicken Soup for the Soul* and *The Success Principles* "This is a brave, beautiful book. Most of us experience periods of doubt and discontent at some point in our lives, and the way we respond to those seasons can chart the course for the rest of our lives. Jake made a bold choice to question everything. The lessons of his search, told here in *Off the Beaten Trail*, can help you when you arrive at your next set of crossroads." - Chris Guillebeau NYT bestselling author of *The \$100 Startup* and *The Happiness of Pursuit* "I hated to see *Off the Beaten Trail* end. I wanted more. Jake Heilbrunn may be a young man but no one but an old soul could write a book that contains so much inspiration and wisdom." - Paul Coleman, Psy.D. Author of *Finding Peace When Your Heart Is in Pieces* "Jake Heilbrunn's journey of self discovery gives hope to all who are willing to risk the unknown in the pursuit of finding oneself and one's passion. His wisdom belies his youth and his message speaks to all of us who seek clarity and purpose in our lives." - Walter Green, Author of *THIS Is the MOMENT! ..How One man's Yearlong Journey Captured the Power of Extraordinary Gratitude*. "Off the Beaten Trail' is a brutally raw memoir." -The San Diego Union Tribune About the Author An emerging leader of his generation, Jake has reached thousands of people through his blog posts, inspirational videos and motivational talks at high schools. At 19, he has been featured in *Psychology Today*, *Thought Catalog*, *Pick the Brain*, *The San Diego Union Tribune*, and various other sites and media outlets. More than 150 people from eight countries helped him fund a Kickstarter campaign to publish his inspirational memoir, *Off the Beaten Trail: A Young Man's Soul-Searching Journey Through Central America*. Jake was a well-adjusted Deans List student who dropped out of college after becoming depressed, anxious and developing hives. He then spent four months backpacking through Central America by himself with no cellphone and no knowledge of Spanish. His pilgrimage led him to realize there are limitless ways to live and that people can create their own destinies through self-reflection and then taking action.