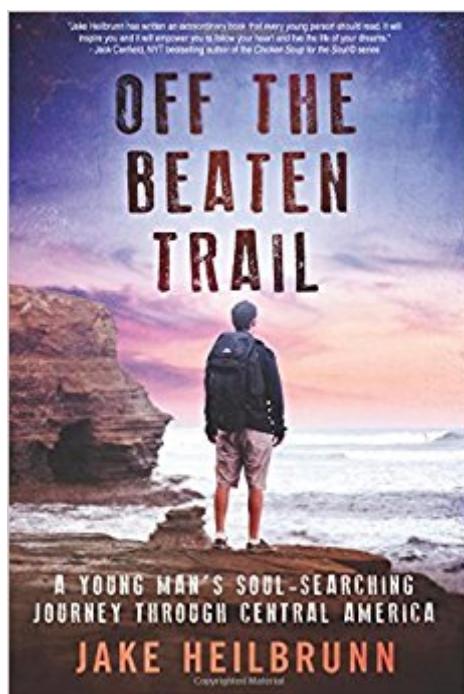


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# Off The Beaten Trail: A Young Man's Soul-Searching Journey Through Central America



## Synopsis

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

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## Customer Reviews

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CanfieldÂ Author of Chicken Soup for the SoulÂ® 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 PursuitÂ "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."-Â The San Diego Union Tribune"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

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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 Manâ™s Soul-Searching Journey Through Central America. Jake was a well-adjusted Deanâ™s 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.

Amazing book...I'm such a sissy..can't 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.

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!

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!

A very honest story about finding yourself and learning about others.

Great read! Its hard to put this book down, I would def. recommend. I am now motivated to go do a

little more traveling and soul searching after reading this

Jake is one courageous young guy. And an absorbing writer.

Sure gave me lots to think about, worth reading.

One of the most impactful inspiring books I have ever read! For us older folks, set in our ways, this book will get you 'unstuck'. I could not put this book down... it is a great teacher for any age. There are so many wonderful quotes in this book, I found myself writing them down. I also got out the map and followed Jake's journey. He brings alive every aspect of his journey but more importantly, he shares valuable insight into human nature and incredible lessons for every age. If you've made a life-changing decision and you need confirmation from the universe that you've made the right decision.. this is the book to guide you. If you need to get unstuck and start living a truly meaningful life... this is the book to guide you. Powerful, inspiring, breath-taking, soulful and motivating! This young man has delivered an incredible legacy in his youth.

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