



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

*Jake Heilbrunn*

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**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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