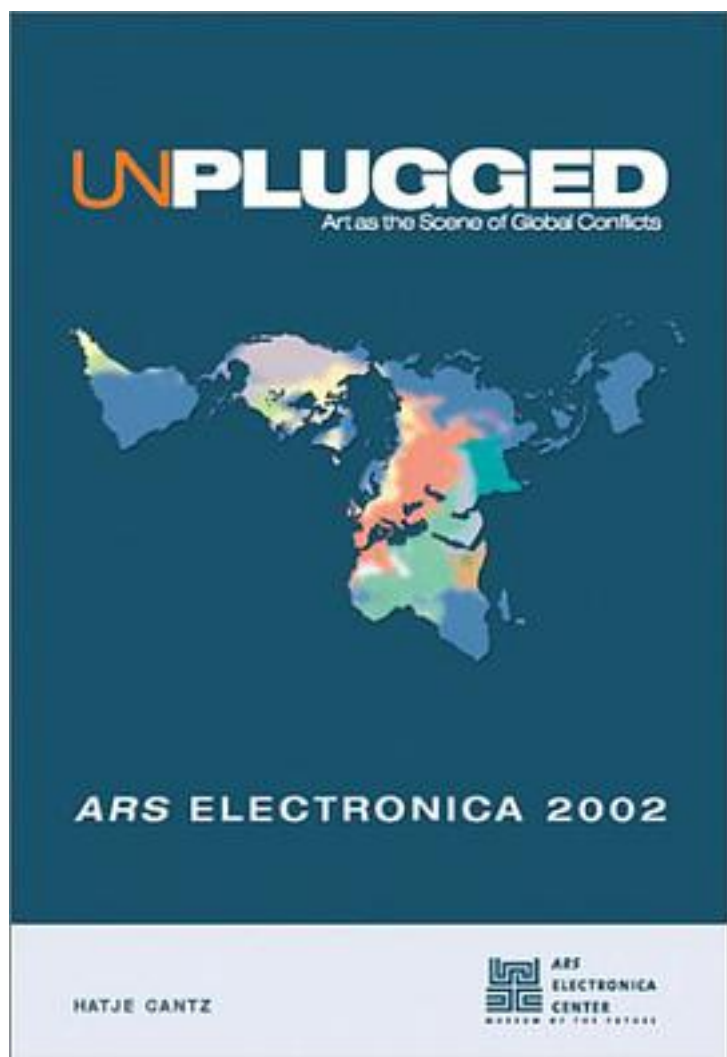


Unplugged



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著者:Whitney-Reiter, Nancy

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Many in our modern society are in the midst of an existential crisis. The ideals of previous generations have gradually eroded, leaving nothing to fill the vacuum. Choices for what to do with one's life are virtually limitless. So how do you find your life's direction? Nancy Whitney-Reiter survived the attacks of 9/11, left her job at a Fortune 500 company, and embarked on a year of international travel and soul searching. By giving herself time and space for self-reflection -- unplugging -- she was then able to build a new life based on vital interests. In this lively how-to book, Whitney-Reiter discusses why we feel empty and how we try to fill the void, and then prescribes the unplugged cure. She advises on how to decide where to go, pay for your adventure, and take care of your commitments. She offers a roadmap to the self-discovery process and advice on the transition back home. Success stories of those who have unplugged and a thorough guide to resources provide further guidance.

作者介绍:

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