I have learned this for certain: if discontent is your disease, travel is medicine. It resensitizes. It opens you up to see outside the patterns you follow. Because new places require new learning. ––Jedidiah Jenkins

The Great Discontent

"At the age of 30, Jedidiah Jenkins quit his day job and embarked on a 16-month, 10,000-mile bike trip from Oregon to Patagonia, Chile, the self-imposed catalyst for pursuing his dream of writing a book." After building a strong following online, he returned to his home in LA, launched a magazine called Wilderness, and wrote a book called "To Shake the Sleeping Self." Check out an interview with him here.

Be The Change:

Reflect on your own trusted medicine for discontent. What helps you see outside your own patterns?