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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?