



Unplugged: How to Disconnect from the Rat Race, Have an Existential Crisis, and Find Meaning and Fulfillment (Culture Tools)

Nancy Whitney-Reiter

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The tremendous success of Po Bronson's *What Should I Do With My Life* and Neil Crofts's *Authentic*, and the resurgence of Paolo Coelho's *The Alchemist* indicate the inner struggle faced by many working professionals today. *Unplugged* explains why career breaks are necessary in our modern, technologically-driven society, and explains how to take such a break in easy to follow steps. The emerging trend of young people taking mid-career breaks calls for a book that will help them find their true path.

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