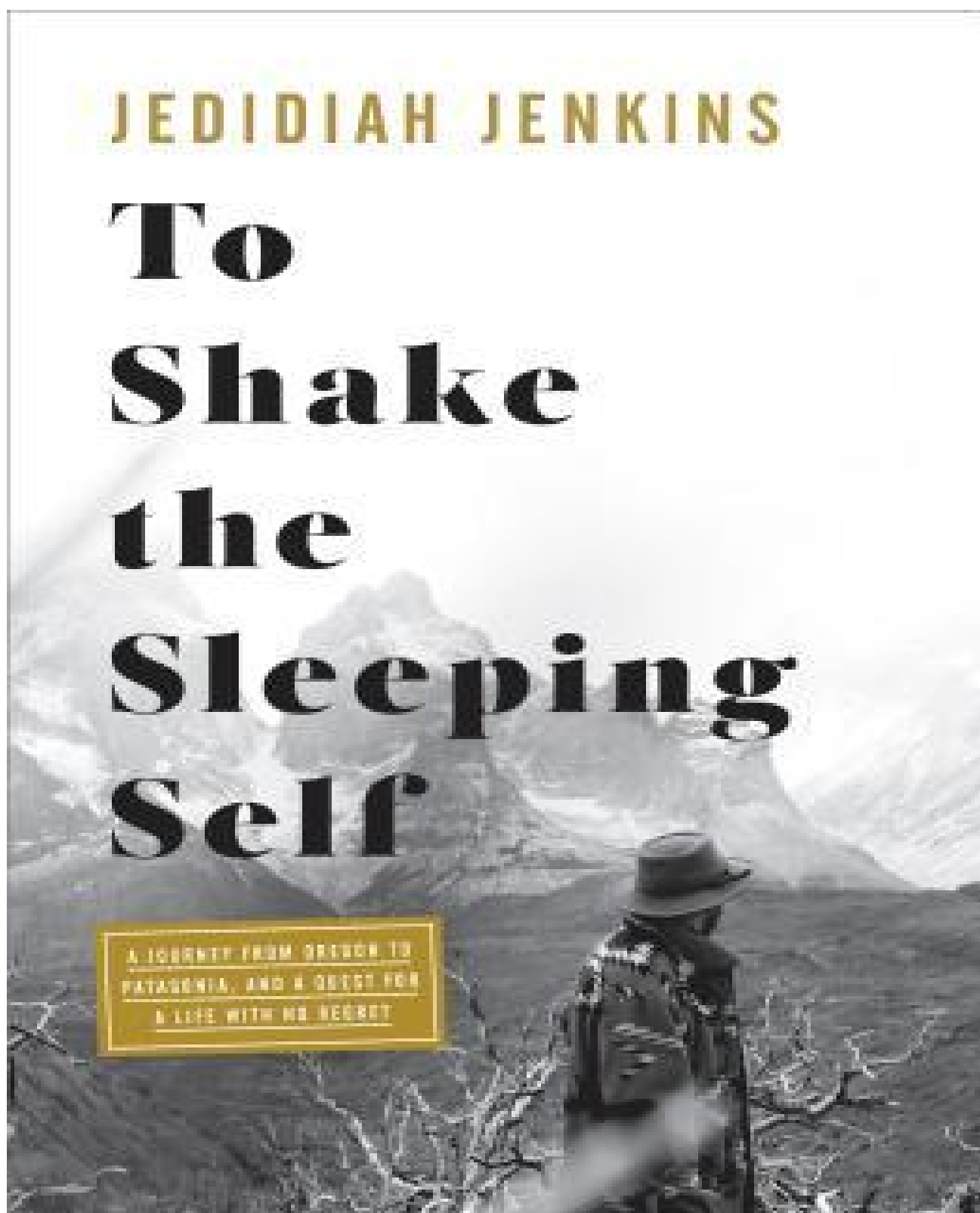
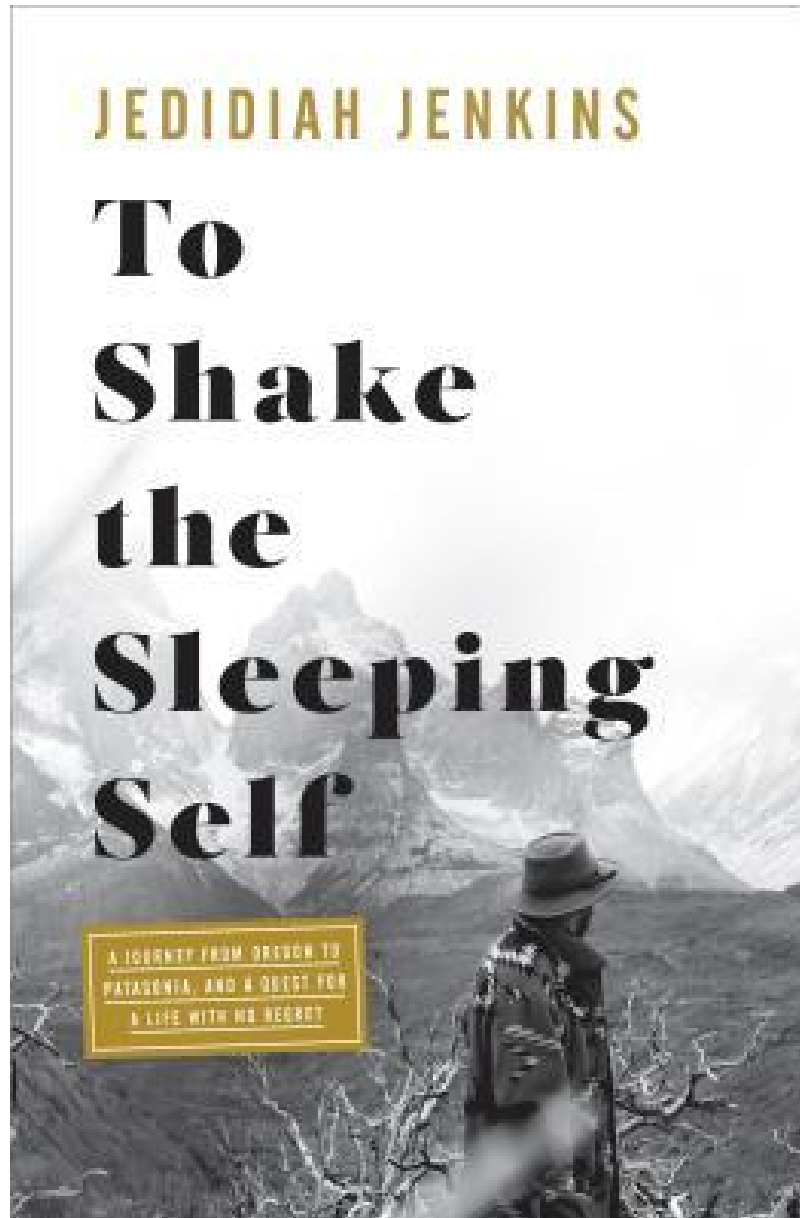


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**To Shake the Sleeping Self: A Journey from Oregon to Patagonia, and a Quest for a Life with No Regret**  
by Jedidiah Jenkins



**SYNOPSIS**

NEW YORK TIMES BESTSELLER - "With winning candor, Jedidiah Jenkins takes us with him as he bicycles across two continents and delves deeply into his own beautiful heart."--Cheryl Strayed, author of *Wild* and *Tiny Beautiful Things* On the eve of turning thirty, terrified of being funneled into a life he didn't choose, Jedidiah Jenkins quit his dream job and spent sixteen months cycling from Oregon to Patagonia. He chronicled the trip on Instagram, where his photos and reflections drew hundreds of thousands of followers, all gathered around the question: What makes a life worth living? In this unflinchingly honest memoir, Jed narrates his adventure--the people and places he encountered on his way to the bottom of the world--as well as the internal journey that started it all. As he traverses cities, mountains, and inner boundaries, Jenkins grapples with the question of what it means to be an adult, his struggle to reconcile his sexual identity with his conservative Christian upbringing,

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