
AMERICANS' LACK OF TRAVEL BREEDS IGNORANCE**Memoirist seeks to inspire his peers to get out and make nice with the world**

(Raleigh, N.C.) – Do Americans—young Americans, especially—really know what’s going on in the world? Are we prepared to embrace globalization? Adam Shepard hopes his story will inspire young people to get out and arm themselves with a broader perspective.

By the time he was 30, the North Carolina man had already completed goals most people wait a lifetime to pursue.

From late 2011 to late 2012, spending just \$19,420.68, less than it would have cost him to stay at home, Shepard visited seventeen countries on four continents and lived some amazing adventures. “It’s interesting to me,” he says, “that in Australia, New Zealand, South Africa, Europe, it’s normal for people to pack a bag, buy a plane ticket, and get ‘Out There.’ In the U.S., though, we live with this very stiff paradigm—graduate college, work, find a spouse, make babies, work some more, retire—which can be a great existence, but we leave little room to load up a backpack and dip into various cultures, to see places, to really develop our own identity.”

His journey began in “the other Antigua”—Antigua, Guatemala—where Shepard spent a month brushing up on his Spanish and traveling on the “chicken bus.” During his two months in Honduras, he served with an organization that helps improve the lives of poor children; in Nicaragua, he dug wells to install pumps for clean water and then stepped into the ring to face a savage bull; in Thailand, he rode an elephant and cut his hair into a mullet; in Australia, he hugged a koala, contemplated the present-day treatment of the Aborigines, and mustered cattle; in Poland, he visited Auschwitz; in Slovakia, he bungee jumped off a bridge; and in the Philippines, he went wakeboarding among Boracay’s craggy inlets and then made love to Ivana on the second most beautiful beach in the world.

His yearlong journey, which took two years to save for, was a spirited blend of leisure, volunteerism, and enrichment. He read 71 books, including ten classics and one—slowly—in Spanish. “If you can lend a hand to someone, educate yourself about the world, and sandwich that around extraordinary moments that get your blood pumping, that’s a pretty full year,” Shepard writes.

One Year Lived is the compelling and transparent account of his experiences abroad.

The trip comes just three years after he made national headlines for taking a year to test the viability of the American Dream. With just \$25 in his pocket, he boarded a train and headed to Charleston, SC. He lived in a homeless shelter for 70 days and took odd jobs until finding a full-time job as a mover, eventually earning enough money to buy a pickup truck and a furnished apartment. After the resulting book, *Scratch Beginnings*, was released by HarperCollins in 2008, Shepard appeared on the Today Show, CNN, FOX News, 20/20, and NPR. He was also interviewed by Atlantic Monthly, the New York Post, Christian Science Monitor, and over 140 radio programs.

Can everybody take a year to get missing? “Maybe, maybe not,” he says, “though that’s not really the point. I’m just concerned that some of us are too set on embracing certainty. We want life to be cushy and regimented, but that’s not how we can create a lasting impact on our lives or the lives around us. There’s only so much you can learn in the classroom. Sometimes you have to get out there to experience it, to touch it, to feel it, to see it for yourself. It’s fascinating the perspective we can gain when we step out of our bubbles of comfort, even just a little bit.”



One Year Lived will be available on April 22nd in paperback, as an audio book, and in a variety of eBook formats.

To request an interview with Adam Shepard on or after publication, contact Rachel M. Anderson with RMA Publicity at 952-240-2513 or rachel@rmapublicity.com.
