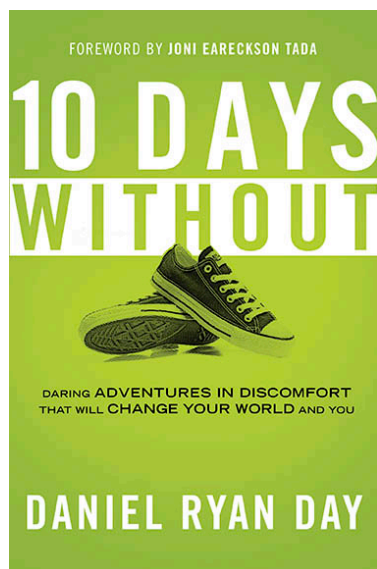


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Ashley Boyer, Senior Publicist
719-264-5698

aboyer@randomhouse.com

Where Good Intentions End and Making a Difference in the World Begins



Colorado Springs, Colo. – Daniel Ryan Day grew up in a Christian home, went to a Christian school, and worked for a Christian ministry. Yet his life was more about good *intentions* than good *actions*. But that changed when Day asked one simple question: “What if making a difference in the world is as easy as going without something?” That question launched the 10 Days Without experiment and sent Day on a journey that changed him and might just change the world.

Ten Days Without: Daring Adventures in Discomfort That Will Change Your World and You (Multnomah Books, 12/17/13) is Day’s journey to rebel against apathy and actually make a difference. It started with Day going without shoes for 10 days and blogging (10dayswithout.com/) about what he learned while also raising funds and awareness for an organization that addressed the problem. The response was so positive that Day

went without other necessities: furniture, legs, media, a coat, waste, speech, and human touch.

He invited others to join him and start a movement to break through walls of convenience and indifference. ***Ten Days Without*** is perfect for families, youth groups, schools, and individuals who are looking for practical ways to live differently amid our culture of excess. “There’s a dissonance between what we say we believe and the way we live our lives,” Day explains. “*Ten Days Without* is a personal insurrection to help me bring my actions into alignment with my beliefs and move from apathy to compassionate action. By going without necessities, I ended up focusing on what matters most.”

ABOUT THE AUTHOR

DANIEL DAY is a graduate of Appalachian State University and the Focus Leadership Institute. He was formerly the director of content and marketing for [Axis](http://Axis.org), an organization that challenges students and families to move from apathy to compassionate social action. Daniel is married to his high school sweetheart, Rebecca, and they live in Colorado Springs, Colo., with their three children, Noah, Finley, and Ava. Find him online at danielryanday.com.



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