



## Author Biography for Daniel Ryan Day

Daniel Day has a B.S. in Business Administration from Appalachian State University, and is a graduate of the Focus Leadership Institute. In 2005, he spent a summer in Romania helping run a summer camp for orphans. In college, Day worked as a sales associate for Cornerstone Bookstore and led worship for Campus Christian Fellowship. He then became the Director of Marketing for Asheville's Fun Depot and Brookstone Lodge in Asheville, N.C., before joining Axis in 2010.

From 2010 to 2013 Day was the Director of Content and Marketing for [Axis](#), a nationwide ministry that creatively educates teenagers' hearts by questioning assumptions, interpreting media, and equipping communities to move from apathy to compassionate action.

Day started the "10 Days Without" blog in September of 2011. He was tired of just saying he was a Christian and wanted to live it out with his life. The 10 Days Without experiment is about giving up good intentions and living intentionally as a Christian.

Originally from North Carolina, Day lives in Colorado with his wife Rebecca, their two sons Noah and Finley, and daughter Ava.

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