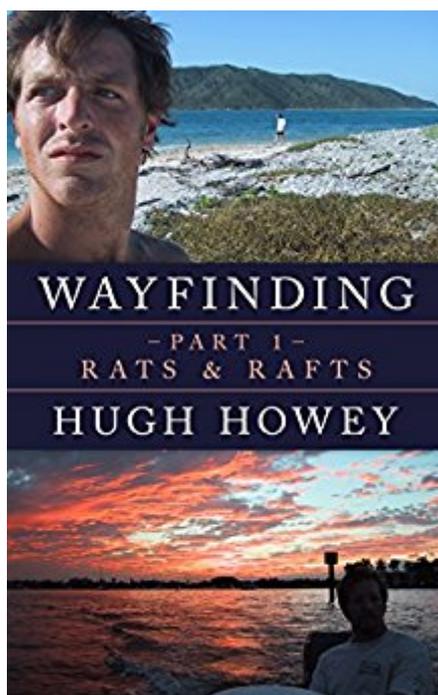


The book was found

Wayfinding Part 1: Rats And Rafts (Kindle Single)



Synopsis

Wayfinding is the ancient seafaring art of navigating according to the natural signs. As a self-help philosophy, Wayfinding means being aware of our environment and our responses to outside stimuli. It also means learning about the environment for which we evolved, and how it differs from the environment in which we live. Wayfinding is not a destination. It is a neverending journey. It doesn't have to be yours; it is simply a description of the path that I am on, with all my bumbling and lack of expertise on full display.

Book Information

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Customer Reviews

I'm familiar with Hugh Howey's ability as a talented storyteller, but it turns out that he's also quite the essayist, as *Wayfinding* demonstrated. The book, according to the author, is not exactly a self-help guide, but describes his own journey of self-discovery in the hope that it offers clues for the reader's own paths through life. He says that how we got here doesn't matter as much as figuring out where we are, whether there exists a better place, and if so, how we can get there. The goal of this method of wayfinding is to use the natural signs that we often ignore, but can help to pinpoint the way

toward a better us. Howey used an example of laboratory rats to show how happiness can turn into compulsion, and compulsion into addiction. He states that our brains have developed in such a way that sets us up for compulsive behaviors that get in the way of long-term happiness. Apparently that mechanism was beneficial for humans at one time, but not today. Howey goes on to present his own steps for improving one's circumstances. There's no deep new philosophy or groundbreaking self-help ideas here, but it's a refreshing common sense approach to improving one's life. The essay plays out against the background story of Howey's maritime adventure while on a long, dangerous voyage. Like any good serial, he ends Part 1 in a cliffhanger.

If you read Hugh's blog then you already know that he is an inspiring guy. He likes to think out loud, and pass ideas back and forth with people. He likes to get people thinking, and that's what he does with this book, *Wayfinding*. Only instead of getting us thinking about publishing, he's getting us thinking about life, and what matters to us. He's not claiming to have all the answers, he's just sharing what he does know, talking to us like we're old friends. I look forward to reading the next chapter.

A few reviews have referred to this as a self-help book, but I don't see it that way. That label is too simplistic. I find most books labeled as self-help to be vague, shallow, or arrogant. None of that is true here. Hugh is relating his thoughts on human behavior, mostly speaking from his personal experiences and observations. The first part of the book is thought-provoking discussion. The second part is written as an informal memoir, relating stories from his travel experiences. I enjoyed both parts. It's a short book, well written and interesting, and I like the two-part format. I'm looking forward to reading the new installments as they're published.

Short, quick read and extremely thought provoking, as Howey always is. No world-shattering secrets here, but a genuine attempt to help us look beneath the veneer of our fast-paced modern lives and determine what is important to us. I for one intend to apply the knowledge acquired in the first half of this book. Sailors or anyone with a love for travel and adventure will like the latter part of the book. I'll definitely check out book 2.

Hugh Howey's nonfiction is just as accessible, witty, and down-to-earth as his interactions on social media. Reading this series is like sitting with a good friend and a good glass of wine. Regardless of your religious, political, or life views, this book is a wonderful insight into life and what makes us tick.

Science fiction is just the tip of the iceberg that is Hugh Howey. I appreciate his view on the world and life in general. I find myself trying to apply his ideas to my own island, even as I am reading. Tip: don't ignore the footnotes.

Very interesting and thought provoking. I am working on Mindfulness and studying Buddhism - this book fits right in for anyone trying to find direction in their lives. If you want to stop trying to deal with the past and let it go (sorry) I would recommend this book and the others to follow as a guide down the path to enlightenment.

It's a really clear and honest way of looking at your life. We all fear change and getting out of our comfort zones. This book is written in a supremely honest, accessible and intelligent way. The author looks at the modern malaise. Why are we always on social media? Eating junk? Playing video games? He has a refreshing perspective on trying to live our best life. I have really turned off to books on self help. But this is very engaging and helpful and applicable. I highly recommend this series of short takes on life.

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