

## About the Author

**Mark Murphy** quit his corporate job and in 2002 embarked on his own Travel Forward journey. Father, husband, entrepreneur, speaker, CEO of his own company and a regular travel contributor on Fox, CNN and NBC's *Today* show, he has hiked, sailed, climbed, kayaked and rickshawed his way through more than 50 countries around the world, touching and learning from humanity in all its forms as he continues to Travel Forward.

[www.travelforward.com](http://www.travelforward.com)  
#TravelForward



**Where are you going?**

**What do you see when you look in the mirror?**

**What type of attitude do you bring to each morning?**

**Are you really doing what you love?**



**Approach life with the eyes of a child.**

**Embrace forgiveness for a perceived wrong.**

**Begin to understand others by understanding yourself.**

**Go outside of your boundaries.**

**Get inspired**

**Share the love.**

**Travel Forward.**

"Mark Murphy is unflappable in his excitement and interest."

—*Sacramento Book Review*

"Mark is one of the authors who's presence we highly anticipate, and whose advice we value."

—Audra Lower, Host, *The Better Show*

SELF-HELP: INSPIRATIONAL



TRAVEL FORWARD >

MARK MURPHY

HIGHPOINT  
LIFE

# Travel Forward

MARK MURPHY >

## Change your life. Change the world.

**T**ravel is so much more than getting on a plane and jetting off to some foreign locale. Here's some truth: Even when you are close to home you can Travel Forward on an exciting journey of self-discovery and fulfillment. And, you'll positively impact the world while you're doing it.

It starts with being conscious of small things. Maybe you held open a door for someone and, instead of a mumbled "thanks" he looked you in the eye and really meant what he said. Perhaps you were in a rush on the highway but eased up to let someone over in front of you—and she waved. You felt those moments.

This is your roadmap. Writing about everyone from Nelson Mandela, Paul McCartney, Condoleezza Rice and Jon Bon Jovi, to loved ones, friends, neighbors and memorable people he's encountered on airplanes, in Cambodia and on the New York City subway, Mark Murphy has loaded this book with Travel Forward moments. As you journey through these pages you'll learn to approach everything in life a little differently—in a way that will both enlighten and transform.

So read on. Change your life. Change the world. Travel Forward.