



# The Default Life

*Sam McLoughlin*

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Excerpt:

"I think I need a revolution—one which begins as an idea, continues as a feeling, and grows into a lifestyle. I must learn to notice the ways that our world—everything from Oprah to Burger King to Tony the Tiger—has shaped me, and betrayed me: to notice the ways that this system took my innocent heart and infected it with disillusionment, disappointment, and despair. I need to reject the so called “freedom” that is offered every time I flick on the TV or walk down the cereal aisle in the supermarket.

Together, we must learn to pursue what David Foster Wallace calls “real freedom.” The freedom that comes from “being educated, and understanding how to think.” Otherwise, we may sacrifice ourselves on the altar of economic progress, our addictions to comfort and excess and Frosted Flakes steering us towards nothing but 'unconsciousness, the default setting, the rat race, the constant gnawing sense of having had, and lost, some infinite thing.'"

Hype:

*“Sam is seeking to honestly and creatively engage with important issues that he sees emerging in his own life and the lives of his peers. I think we could use more young writers like Sam who are trying to live through the unique challenges of our time with love, faith, and a sense of humour.”*

– Shad K, Juno Winning Rap Artist

*"A Brilliant Debut."*

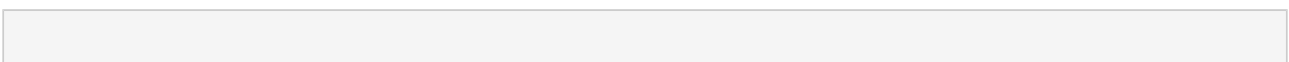
– John Stackhouse, author of *Can God Be Trusted* and *Humble Apologetics*.

*“Sam perfectly balances humor with sarcasm and delivers a message we all need to hear: Are you living on a default setting? The Default Life exposes the lies of pop culture, and offers valuable perspectives on what it means to really live.”*

– Meredith, 20-something high school teacher.

About the Author:

Sam McLoughlin is a 26 year old Regent College alum, philosophy major and pop-culture junkie living in Vancouver, BC. He's been published in Geez, Converge, and Prodigal, and occasionally serves as music critic for the Burnside Writers Collective. He likes Will Ferrell, good music, the Vancouver Canucks, and long walks on the beach—but not if it's really hot, or if there's too much seaweed. He used to want to be like Zack Morris, but now he wants to be like Chuck Klosterman and write for a living; though he realizes this is an unrealistic dream, as most people are too busy watching Glee.



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#### **Cindy Knutson:**

Spent a free time for you to be fun activity to perform! A lot of people spent their down time with their family, or their very own friends. Usually they performing activity like watching television, about to beach, or picnic from the park. They actually doing same every week. Do you feel it? Do you need to something different to fill your free time/ holiday? Could be reading a book may be option to fill your free of charge time/ holiday. The first thing that you will ask may be what kinds of e-book that you should read. If you want to try look for book, may be the reserve untitled The Default Life can be very good book to read. May be it can be best activity to you.

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#### **Brandon Gentry:**

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