

# Index

- Accessibility (*see* disability)  
Accessible travel and disability, 97–98  
Administrative mobility, 39  
African American travelers, 95  
Air Carrier Access Act, 97  
“Alipay Health Code” phone application, 20  
Amazon, 19  
*America’s Vacation Deficit Disorder: Who Stole your Vacation?*, 61  
American exceptionalism, 50  
American Psychological Association (APA), 45  
Americans with Disabilities Act (ADA), 97–98  
Apple, 19  
Application-based employers, 16  
Assets, 27–28  
*Authentic Happiness: Using the New Positive Psychology to Realize Your Potential for Lasting Fulfillment* (2002), 46  
Awkward Traveller, 96  
  
*Bait and Switch: The (Futile) Pursuit of the American Dream*, 48  
Bauman, Zygmunt, 7, 13–14, 19, 82–83, 113, 119  
*Beyond Boredom and Anxiety: Experiencing Flow in Work and Play* (1975), 47  
Black Adventuristas, 95  
Black and Abroad, 95  
Black Girls Travel, 95  
Black Passport Stamps, 95  
Black travelers, 96  
*Bright-Sided: How Positive Thinking Is Undermining America*, 48  
*Building Access: Universal Design and the Politics of Disability*, 98  
Caribbean service workers, 70  
Carnival communities, 7, 83  
Casual leisure, 60  
Character development, 47  
*Character Strengths and Virtues*, 46  
Chiang Mai, Thailand, 66–70  
Co-living spaces, 84–86  
Coaching, 40–41  
Coalmine, digital nomads as canaries in, 10–11  
Community, 82–83  
Congressional Budget Office (CBO), 43  
Content mobility, 39  
Coronavirus Aid, Relief, and Economic Security Act (CARES Act), 19  
Corporations, 16  
COVID-19 pandemic, 1, 7–8, 84, 101 and disruption to traditional work, 102–104 liquid modernity and, 8, 19–20  
Coworking spaces, 84–86  
Critical Design Lab, The, 98  
Csikszentmihalyi, Mihaly, 45–47, 50  
*Curb Free With Cory Lee*, 98  
Cyborg, 20  
  
Debts, 27–28  
*Democracy in America*, 83  
Demographics, 8  
Digital Bro-mads, 52–53  
*Digital Nomad*, 54, 119  
Digital nomadism, 60 application to, 51–57  
Digital nomads, 2–3, 13, 81, 101–102 as canaries in coalmine, 10–11 co-living spaces and coworking spaces, 84–86 community, 82–83 inspiration for becoming, 36–39 laptops, sunscreen, surfboards, and selfies, 9–10

- liquid modernity, and COVID-19 pandemic, 7–8
- marginalized identities, social justice, and volun-tourism, 10
- methodology, 3–6
- neoliberal financialization of real estate, 81–82
- organizations, 86–90
- outcasts of global bazaar economy, 8–9
- in pandemic times, 1–2
- participant demographics, 6–7
- positive psychology and adaptation to digital nomadism, 9
- seek community, 10
- Western millennials, 8
- women, travel destinations, and networks, 83–84
- Digital surveillance, 42
- Disability, 97–98
- Disability rights movement, 98
- Disaster capitalism, 13, 19
- Disney theme parks, 62
- Disruption, 101
- COVID-19 pandemic and disruption to traditional work, 102–104
- Downshifting, 110–111
- Drop-shipping, 39
- Early travel experiences with family, 61–66
- Eco-tourism, 115–116
- Educational attainment, 29–30
- Ehrenreich, Barbara, 9, 45, 47–48, 51, 58, 120
- Employment benefits, 42–43
- Environmental catastrophes, 1
- Environmental impacts of travel, 111–113
- Ethnographers, 4
- Ethnography, 3–4
- Ethnomethodological approach, 4
- Explosive communities, 7
- Fantasyland: How America Went Haywire: A 500-Year History*, 50
- Federal Housing Administration (FHA), 82
- Feminist theorists, 5
- Ferriss, Tim, 2, 44, 120
- Flourish: A Visionary New Understanding of Happiness and Well-Being*, 46
- Foucauldian approach, 51
- 4-Hour Workweek, 2, 37, 52–53, 120
- Freud, Sigmund, 46
- Full-time employment, 119
- Gender, 28–29, 92–94
- Gentrification, 113–114
- Gig economy, 8, 15–18
- Global Bazaar economy, 8–9
- digital surveillance, 42
- employment benefits, 42–43
- employment history, 34–36
- inspiration for becoming digital nomad, 36–39
- outcasts of, 33
- remote work, 39–42
- work-life balance, 43–44
- Goddess pilgrims, 91
- Google, 1, 19
- Governments, 16, 42
- Gross domestic product (GDP), 29
- Growing up Absurd*, 110
- Hamrale, Aimi, 98
- Happiness, 49–50, 58, 116
- Happycracy, 49
- Hegemonic whiteness, 25
- Home base, 105–108
- Home ownership, 82
- Homestead Act, 82
- Humanistic psychology, 46
- Hyper-capitalism, 7
- Illusion of the End, The*, 101
- Income, 27–28
- Indigenous populations, 70–71, 97
- Initial public offering (IPO), 84
- Institutional Review Board (IRB), 4
- International Air Transport Association, 95

- International Labor Organization (ILO), 61
- John Templeton Foundation, 47
- Journal of Sustainable Tourism, The*, 97
- Journalism, 41
- Keynesian economics, 101
- Kyoto Protocol, 111
- Language, 24  
barriers, 75–78
- Laptops, 9–10
- Latinas Who Travel, 97
- Learned helplessness, 46
- Legal risk, 17
- Leisure, 120  
practices of digital nomads, 9–10  
of travel, 59–60
- LGBT folks, 93–94
- Liquid employment, 15
- Liquid modernity, 7–8, 13–14  
and COVID-19 pandemic, 19–20
- Liquid society, 13–15
- Local residents  
interactions with, 70–72  
relations with, 72–74
- Lost Art of Staying Put, 114–116
- Manufacturing Happy Citizens: How the Science and Industry of Happiness Control Our Lives*, 49
- Māori populations, 30
- Marginalized identities, 10
- Mass tourism, 113–114
- Mass tourists, 70
- Master of Applied Positive Psychology (MAPP), 46
- McDonaldization concept, 62
- Micro-entrepreneurs, 84
- Microsoft, 1
- Millennials, 8, 23, 26, 29, 31, 37, 119 (see also Western Millennials)
- Mobility, 39
- National Philanthropic Trust, 46
- Natural Causes: An Epidemic of Wellness, the Certainty of Dying, and Killing Ourselves to Live Longer*, 51
- Neocolonial tourism, 18–19
- Neoliberal financialization of real estate, 81–82
- Neoliberal leisure, 18–19
- Neoliberalism, 13–14, 45, 48, 121
- Netflix, 19
- Networks, 83–84
- New York Times, The*, 104
- Nomads, 60
- On the Road Again, 116
- Open Doors Organization, The, 97
- Organization for Economic Cooperation and Development (OECD), 30
- Over-tourism, 108
- Pandemics, 1
- Parents' wealth and socioeconomic background, 25–26
- Penn Positive Psychology Center, 46
- “People Live Here”, 113
- Peterson, Christopher, 47
- Phenomenological study approaches, 3–4
- Physical risk, 17
- Platform risk, 17
- Political engagement, 30
- Positive psychology (PP), 9, 45–47  
and adaptation to digital nomadism, 9  
application to digital nomadism, 51–57  
critics, 45  
critiques, 47–51
- Positive sociology, 60
- Positive thinking, 45
- Positivity, 45
- Power, 19
- Privilege, 26–27

- Protest and Resistance in the Tourist City*, 113
- Psychological Inquiry* (2003), 50–51
- Qualitative research, 3
- Race, 94–97
- Racial identity, 24–25
- Racism, 94–97
- Regenerative travel, 112
- Remote work, 39–42
- Remote Year, 88
- Roam. co corporate model, 87–88
- Robert Wood Johnson Foundation, 46–47
- Rogers, Carl, 46
- Search Engine Optimized content (SEO content), 41
- Selfies, 9–10
- Seligman, Martin, 45–47, 49–50, 54
- Serious leisure, 60–61
- Sexuality, 28–29, 92–94
- Sharing economy, 16
- Silicon Valley start-up entrepreneurs, 31
- Sixth Annual International Positive Psychology Summit conference, 47–48
- Slow travel, 108–110
- Social class, 26–27
- Social identity, 61
- Social justice, 10
- Social unrest, 113–114
- Socioeconomic status, 8
- SoftBank, 84–85
- Spatial mobility, 39
- Sunscreen, 9–10
- Support Adventure (2020), 102
- Surfboards, 9–10
- Symbolic interaction, aligned sociological theory of, 3
- TaskRabbit, 16
- Taste cultures, 61
- Technological innovations, 20
- Templeton Religion Trust, 46
- Temporal mobility, 39
- Tourism, 18–19
- Tourism, 9–10
- Tourism as serious leisure consumption, 60–61
- Transpersonal psychology, 46
- Travel, 9–10, 92–97
  - bloggers, 98
  - destinations, 83–84
- Travel Noire, 95
- Twitter, 1
- Uber, 16
- Universal Basic Income (UBI), 17
- University of Costa Rica (UCR), 29
- University of Pennsylvania, 46
- Urbanization, 31–32
- Volun-tourism, 10
  - as alternative travel, 98–99
- Voting engagement, 30
- Wandering Ravens, The (2020), 102
- Western Millennials, 8, 23
  - debts, assets, and income, 27–28
  - demographics and social context of Western, Millennial generation participants, 24
  - educational attainment, 29–30
  - gender and sexuality, 28–29
  - parents' wealth and socioeconomic background, 25–26
  - political engagement, 30
  - racial identity, 24–25
  - social class and privilege, 26–27
  - urbanization, 31–32
  - workforce participation, 30–31
- WeWork, 84–85
- Wheelchair Travel, 98
- Women, 83–84
- Work-life balance, 43–44
- Workforce participation, 30–31
- World Happiness Report* (2020), 49
- Year of Return, The, 91
- Zapatista-related tourism, 71
- Zoom, 19