



Manual For Living: Reality - PEACE

Seth David Chernoff

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Section 15 in the award-winning Manual For Living Series. By facing death as a two-time cancer survivor, Seth David Chernoff learned to experience the fullness of life. In his award-winning new book, A Manual for Living: Reality, A User's Guide to the Meaning of Life, he offers straightforward guidance for achieving lasting happiness, overcoming fear of death and finding true purpose.

He has lived his message, and pulls no punches as he writes about the hard subjects of death, illness, fear, finding balance, our toxic environment, our perception of what is real, our finances, and our need to accumulate. He deals with change and major transition, living in the "now" and so much more by answering the questions:

- § Why are we always in such a hurry? Can we really micromanage our life?
- § Are our physical ailments caused by frustration, anxiety or stress?
- § Why are we stuck in the past?
- § Why is it such a challenge to maintain inner peace?
- § Why doesn't hard work always equate with results or fulfillment?
- § Why can't we evolve through effort alone?
- § Why doesn't receiving everything we desire guarantee happiness?
- § How can we find fulfillment and true happiness?
- § Does spirituality have a "time" associated with it?
- § What exactly is a spiritual life, an inspired life, a fulfilled life?
- § What is the meaning of life?

The author recommends using a single chapter at a time as a guide to the current demands of our life. Because Manual for Living: Reality covers so many topics that vitally concern our lives, this approach makes sense, especially if we are facing the final journey, or have a loved one who is going through a reversal or transition.

Chernoff writes, "We each have a path and purpose in life, a destiny as unique as our own fingerprints, yet we often live lives of petty obscurity and quiet desperation, ignoring our truth. It is our prerogative to find our purpose and fulfill it. The loss of a life is not as devastating as the loss what could have been, of the dreams left unfulfilled and passions undiscovered."

Rave reviews from around the country:

I'd recommend this book to everyone. - Luxury Reading

It is a beautiful testament to life and living. A book to help one reach his greatest potential and grasp his dreams. - A Novel Source

I want to say thank you for writing this book! I am only a quarter of the way into it and it is really making a difference in my life! "They say" when you are ready the teacher will appear. I'm glad you did. - Kim G.

A wonderful, thoughtful and compassionate book. It goes to the heart of what it is to be human. We highly recommend Manual For Living! Drink from its wisdom! Ed & Deb Shapiro, authors BE THE CHANGE -

How Meditation Can Transform You and the World

Seth Chernoff has taken on the deepest and richest questions of life and death. Listen to his journey, his insight and begin to savor the search for peace within the spectrum of life. - Don Campbell, Musician and Author of Sound Spirit and The Mozart Effect

Manual For Living gives you valuable insight necessary to enhance and enrich your life bringing you closer to fulfillment and true happiness. Manual for Living is full of wisdom to help you find your way. Every page is filled with human emotion about life, death, and everything in between. - TCM Reviews

If you have the chance to pick up this gold mine to read, please do. It is helping me in so many ways. -Read With Tea Book Review Blog

Seth David Chernoff is an award-winning author, two-time cancer survivor, marketing professional, and founder of multiple companies. His work has been featured previously in the Wall Street Journal, Chicago Tribune, San Francisco Chronicle, Popular Mechanics, Business Week, USA Today, on radio and television in the US and internationally.

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From reader reviews:

Vanessa Palacios:

Reading a book tends to be new life style within this era globalization. With studying you can get a lot of information which will give you benefit in your life. Having book everyone in this world can easily share their idea. Publications can also inspire a lot of people. Lots of author can inspire all their reader with their story or perhaps their experience. Not only the storyline that share in the publications. But also they write about the ability about something that you need instance. How to get the good score toefl, or how to teach your sons or daughters, there are many kinds of book which exist now. The authors on earth always try to improve their ability in writing, they also doing some investigation before they write for their book. One of them is this Manual For Living: Reality - PEACE.

Katherine Shadrick:

Spent a free time and energy to be fun activity to complete! A lot of people spent their sparetime with their family, or all their friends. Usually they carrying out activity like watching television, planning to beach, or picnic in the park. They actually doing same task every week. Do you feel it? Would you like to something different to fill your current free time/ holiday? Could possibly be reading a book may be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of guide that you should read. If you want to consider look for book, may be the publication untitled Manual For Living: Reality - PEACE can be very good book to read. May be it can be best activity to you.

Robert Frith:

Is it anyone who having spare time after that spend it whole day simply by watching television programs or just resting on the bed? Do you need something new? This Manual For Living: Reality - PEACE can be the response, oh how comes? It's a book you know. You are so out of date, spending your extra time by reading in this fresh era is common not a nerd activity. So what these textbooks have than the others?

Jillian Harrington:

Reading a publication make you to get more knowledge from it. You can take knowledge and information from the book. Book is published or printed or outlined from each source in which filled update of news. In this modern era like today, many ways to get information are available for anyone. From media social including newspaper, magazines, science guide, encyclopedia, reference book, novel and comic. You can add your knowledge by that book. Do you want to spend your spare time to open your book? Or just looking for the Manual For Living: Reality - PEACE when you essential it?

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