



# Manual For Living: Reality - ENVIRONMENT

*Seth David Chernoff*

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Section 4 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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#### **Elizabeth Murphy:**

Playing with family within a park, coming to see the marine world or hanging out with friends is thing that usually you have done when you have spare time, subsequently why you don't try issue that really opposite from that. Just one activity that make you not feeling tired but still relaxing, trilling like on roller coaster you are ride on and with addition of knowledge. Even you love Manual For Living: Reality - ENVIRONMENT, you can enjoy both. It is fine combination right, you still desire to miss it? What kind of hangout type is it? Oh can occur its mind hangout people. What? Still don't understand it, oh come on its named reading friends.

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#### **Claudia Kelley:**

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