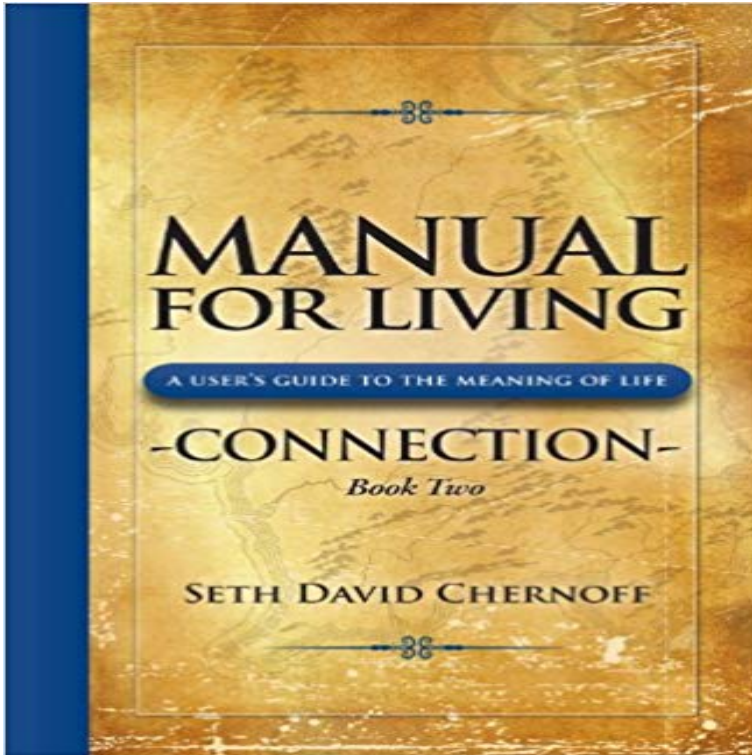


# Manual For Living: CONNECTION, A Users Guide to the Meaning of Life



Manual For Living: CONNECTION, a Users Guide to the Meaning of Life, is a thought-provoking, soulful inquiry. Award-winning author and two-time cancer survivor Seth David Chernoff guides us through a series of questions, asking why we think what we think and do what we do - in relationship to our own life, others in our immediate environment, and humanity at large. Written in easy to understand language with contemporary, practical examples, Connection shows us that our life is much grander than our circumstances; it is a gift filled with choices. In these pages we come to see others and ourselves through the lens of compassion and oneness. These concepts help us eliminate pain and victim mentality. By choosing full engagement in the present moment, denial, excuses and regrets naturally drop away. The process requires only an open mind and open heart. The information presented steers each of us toward an inner compass and unique path to view life's challenges in a new way. CONNECTION is for anyone seeking out higher purpose and deeply satisfying relationships. completely opened my mind more to possibilities and what more could come out of life for me. This is the primary reason why I got the book as I needed to ask myself some deep questions. This book inquired about what things do we think about and do along with why we do things that we do. This book is easy to understand and provides many practical examples. This book requires the reader to have an open mind and heart while reading this book as it will help to bring much desired results and find that needed connection they desire. -- Poetic Journal

Manual for Living: Connection, A Users Guide to the Meaning of Life is the second book in a series for the Manual for Living Series. I found this book to be such an encouragement and much needed at this time in my life. Im always in search of

material that can help improve my life or remind me about how life is at times for others. The author David Chernoff brought up many deep questions asking more about what do we think about and why we do the things that we do. This book is a guide for continuous growth and change in ones life.

-- Nicole LeonAll I can say is WOW! I can hardly put it down Simplistic, thought provoking, profound and inspired are just a few of the words that come to mind. I KNOW this will be one of my manuals for living that I will wear out! Thank you and abundant blessings to you! -- Melissa Monahan, ArizonaEver popular as tools for inquiry, questions are key in the bite-sized chapters of Manual For Living: CONNECTION, A Users Guide to the Meaning of Life (Spirit Scope, 978-1-937215-00-2). Author, speaker, and businessman Seth David Chernoff has discovered, through lifes traumas, how to reliably connect with inner guidance. With life-altering understandings around forgiveness, gratitude, intimacy, and letting go (among eighteen sections), this spirituality primer is a valuable contribution to the genre. Connection, the second book in the Manual For Living Series, may be the longed-for owners guide. Writes the author, Connection is not a task that can be completed; it is a way of being, a philosophy of living. -- ForeWord ReviewsSeth David Chernoffs Manual for Living: A Users Guide to the Meaning of Life: CONNECTION is a beautiful testament to life and living and is my absolute first choice to give anyone celebrating a milestone in life. With 25 years in a 12-step program, Ive probably heard all of the things the author suggests at least once -- and Im pretty skeptical about self-help gurus, but Seth Chernoff isnt that guy. Hes a real person who wants to remind others about the ancient and timeless reality that life is right now, and its not replaceable, and its not a joke. I know that is not a new message -- but its timeless because we MISS it. We miss it over and over and over... Mary Agnes Antonopolous

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