

Manual for Living: Connection, Book Two: A User's Guide to the Meaning of Life

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✓ Verified Book of Manual for Living: Connection, Book Two: A User's Guide to the Meaning of Life

## Summary:

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CONNECTION, the second book in the Manual For Living series, 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. 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 everyone. Century Romanian playwright, Eugene Ionesco once famously said,

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