



Manual For Living, Book 2: Connection- A User's Guide to the Meaning of Life

Seth David Chernoff

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Manual For Living, Book 2: Connection- A User's Guide to the Meaning of Life Seth David Chernoff 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, "It is not the answer that enlightens, but the question."

It is in this similar spirit and wisdom from which CONNECTION--the second book in the award-winning Manual for Living series -- is founded. Two-time cancer survivor and author Seth David Chernoff presents Manual for Living: CONNECTION, A User's Guide to the Meaning of Life. It is a thought-provoking, soulful inquiry, asking us to look within and pay close attention. It offers questions that delve into why we think what we think and do what we do in relationship to our own life and humanity at large, forming the premise that life's potency emerges in the here and now.

Chernoff illuminates a pathway for full awareness in each moment as an act of love, compassion, joy and peace. He highlights this model as a means to achieving inner and outer peace. Authentic connection requires open-heartedness and a willingness to be honest; for the moment we get out of our heads and into our hearts, grace moves in. Chernoff writes, "We forget that life is so quickly over and that living in the moment does not allow time for regret."

Another tenet in CONNECTION is that human bonding is as necessary as food and water. We each have an innate desire to be loved, recognized and understood, as well as to reach out and share with others. Despite living in a high tech world that discourages "real" human engagement, Chernoff asserts that technology will never replace human connection. Thusly, he focuses on the value and meaning in people all around us, even those we might be inclined to overlook or dismiss.

CONNECTION speaks to our authentic connection with one another, as well as to self and to Spirit. Surpassing superficiality, authentic connection calls for radical self-responsibility, honesty, and awareness now. CONNECTION implores us to tune in to our inner guidance system and pay attention to what we're feeling, because these feelings have much to teach us. In the present moment, when there is no dwelling on yesterday or fretting about tomorrow, transformation happens. In this way the author teaches that paradigms can and do shift.

All told, CONNECTION reads like a gentle friend who continually nudges us to embrace the present moment. We're reminded that our experiences, and consequently our levels of satisfaction, are the by-product of choice. Chernoff assures us that happiness and prosperity in all its forms are our birthright, and that the power of choice and brilliance of life are discovered in the here and now. Chernoff writes, "Connection is not a task that can be completed; it is a way of being, a philosophy of living."

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