

# INTERVIEW QUESTIONS

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## Manual For Living: Reality, A User's Guide to the Meaning of Life

*Written by Seth David Chernoff*

- Tell us about your experiences with cancer? How has it changed you? What did you learn from it?
- The American Cancer Society estimates that 7.6 million people die from Cancer every year, but you survived. What does it feel like to be a survivor?
- What is the Manual For Living? Why did you write this book?
- This is like no book I've ever seen before, with these deep and rich questions about life and death. Clearly you have taken on quite a project here.
- How would you sum up the views expressed in your book? Why is it called Reality?
- Given what you've just told us about your experience with cancer, would you suggest people facing death have a much greater motivation to "get real" with life? Any advice for the rest of us who don't have a life-threatening illness who would like a similar keenness of attention?
- Why do we suffer in life? Why can life be so painful?
- This is not your typical book, by any means. What is the best way of reading and absorbing the knowledge within it?

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### Publicity Queries:

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- It seems from your work that we humans are unable or unwilling to take responsibility for our lives? It is often as if we consciously or unconsciously run away from our fears. Why don't we take responsibility? What are we afraid of?
- Where does the concept of God fit in to your book?
- Many people have enough to get by on, and are in fact quite well off, but continue to work themselves into an early grave as if they were dirt poor and financially desperate. Why is that?
- Why do we thrive on drama? Do we really find solace in other's misfortunes?
- Why is balance important? How do I get to a place of balance, and how do I maintain it? How do we choose? How do we prioritize?
- How do we find peace?
- Why don't we trust? (ourselves, or our truth?)
- What does it take to find true happiness in life? Do you believe we can achieve true happiness?
- What exercise can you give me that I can do today and immediately benefit from?
- What is the greatest problem you believe we face in this society?
- What do you hope to achieve with this book?
- Tell us about your next book.

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