



MANUAL FOR LIVING: CONNECTION

By Seth Chernoff

Story Angles

Headline: Facing Devastating Illness, Chronic Pain and Cancer?

Sub-Headline: Choose to live, or choose to die

Paragraph: It's amazing what happens at the prospect of losing everything you have, and cancer was very much that way for Author, Seth David Chernoff. He *absolutely* believed he was going to die. In fact there was very little of him that felt he would survive. By facing death, however, he found this incredible appetite for life. He developed an incurable appetite for joy and happiness. Entirely new relationships were uncovered with his spouse, his children, with his family. But it took going through that for Seth to wake up from what felt like a slumber, like a fog, that was standing between him and his joy – his greatness – and his happiness. We each face **tremendous** obstacles in life. But it's **THROUGH** these obstacles that we're given the greatest opportunity to find our joy, to find our happiness and to find our purpose in life – This is the lesson in *Manual for Living: CONNECTION*.

Headline: Silencing Misery and Being Grateful, No Matter What Happens to You

Sub-Headline: The people are all that matter.

Paragraph: From childhood, we are carefully taught to want *things*. We are given shiny wrapped objects at holidays and celebrations. And while that is wonderful and a valuable experience, we are slowly but carefully taught that the celebration is **ABOUT** the material rewards. What happens when we lose our job, or when our economy is in such despair? What happens when we lose our ability to get those things? Or worse, to provide them to those we love? What do we do when we even lose the basics of where we think our happiness lives – like our home or car or career? In *Manual for Living: CONNECTION*, author Seth David Chernoff provides a pathway from misery and **LACK** to gratitude and joy, no matter what our circumstance. The **every day** celebration of life truly depends upon **NOTHING** but our truth

and connecting with the people we love. (Something we probably suspected -- but dared not believe -- all along.)

Heading: With 7 Billion of Us, Why is Connecting So Challenging?

Sub-Heading: Open the Kimono and Take a Risk.

Paragraph: The word social is an amazing word. It is an acronym for a bigger idea, that **Sharing Openly Creates Intimate Audiences who Love us. S O C I A L.** Think about the things and people you love. We love what we KNOW, even if that is a *perceived* knowledge or intimacy, like a celebrity or sports idol. We form a bond to them because, through their artistry, we are intimately invited to who we believe they are and the values or craft they represent. Something important to us. So how do we recreate that in OUR lives? How do we intimately, openly share our individual *artistry*? In *Manual for Living: CONNECTION*, award-winning Author, Seth David Chernoff, builds a world where we can safely, bravely, remove all barriers – pull back the curtain, and RISK inviting the world at large into our truest self. He asks us one breathtaking question: As daring as that is, do we dare not to?