

Author and inspirational lecturer, Dave Ferruolo, is not your ordinary self-help guru. He seems to have actually lived through and experienced what he writes and talks about. Unlike other inspirational motivators whose knowledge is mainly academic, Dave's work is based on personal experience, his thirst for knowledge and a personal quest to find a better way to live.

Dave's unique and inspiring life is packed with intriguing enough stories, even without the powerful wisdom that comes from it. His life path as moved him from running a martial arts school by the age of 15, to being a Navy SEAL. From lead guitarist in a rock band to professional model to Scuba shop and Marine Construction company owner. Now he's the proprietor of a publishing company, along with writing books and lecturing countrywide.

Dave's first book, Connecting with the Bliss of Life is a compilation of powerful lessons for living a peaceful and happy life. Based on a common sense approach to living life, his methods are thought provoking and yet easy to digest and put into action. And action is a keystone to his mantra. Dave provides a Bliss Technician™ exercise at the end of every chapter that encourages the reader to take control of their choices and the situations of their lives. These processes can help the reader connect with their personal bliss and live a more joyful and fulfilling life.

"Life didn't always go this well for me." Ferruolo explains. He portrays how much of his life was dedicated to adhering to particular ideals that did not necessarily jive with what he truly was inside. This caused lot of pain and dissonance in his life. Dave writes about the struggles of his life and the day everything finally changed for him.

"I was hiking, and feeling very good that day. My life had been so stressful, and I needed to just get away." He explains how a peaceful, blissful feeling settled over him while on the mountaintop that day. He pondered why it was he could be in such a good mood one moment at one place and in a negative, stressful mind-set only hours before while at work. Then it occurred to him, contentment comes from inside and is a result of active choices, not the result of being reactionary to outer stimulus. Dave decided to test his hypothesis during the following weeks, and was surprised how well choosing bliss worked.

"From that day on, my life changed for the better." Dave writes about how finding his bliss opened up another dimension for him and allowed him to finally break free from the socially imposed ideals of so called 'normal' life and follow his dream of writing books!

Connecting with the Bliss of Life was released in August 2005, and his second title Stop Surviving & Start Thriving is due out next spring. Over the past few years he has worked with such spiritual moguls as Doreen Virtue, PhD, Steven D. Farmer PhD and Sonia Choquette PhD, and even exchanged signed books with the father of inspiration himself, Dr. Wayne Dyer. Dave is currently working with a national promotions company, which is sending him on a book and lecture tour this winter.

Dave leads a very interesting and diverse life, owning several businesses in New Hampshire, including Fathom Divers Scuba center, a marine construction company on Lake Winnepesaukee and his newest business Mountain Lake Publishing Company. He also is a talented musician, a skier, an avid hiker and loves to kayak. But the most impressive item on his long resume, besides publishing his first book, is that he was an elite Navy SEAL.

“It’s not like we block bullets with our bodies.” Ferruolo says about being a SEAL, “we are just better trained to deal with the diverse situations that a combatant might have to cope with.” He says that anyone with the right motivation and attitude can complete the grueling training.

And motivation and attitude is what Dave is all about. He believes anyone can achieve life success, if they: Know themselves and their abilities, have a clear idea of where they want to go in life and make an action plan and be determined to follow it to fruition.

Reminding us that our life is the ultimate destination Dave warns, “If we are always living for something in the future, life will quickly pass us by.” He teaches that our goals are only pit stops during the incredible journey of life. We should live in the moment and savor every second of time we have.

Dave is a living testimony to his doctrines. His life of adventure and success, and his story of transformation from stress to bliss is incredibly inspiring. He is living proof that if you don’t like the circumstance of your life, you can change them!

Connecting with the Bliss of Life is available at www.Amazon.com, www.ConnectingWithTheBlissOfLife.com or at your local bookstore. For more information on Dave’s books, events and services you can visit his website at www.DaveFerruolo.com.