

Author Interview

Dave Ferruolo has led an interesting life—he's a former Navy SEAL, a musician, an adventure traveler, a business owner, former model and a black belt in karate. He is now a published author and gives talks and workshops on connecting with bliss, achieving life success and discovering your potential. His new book is called Connecting with the Bliss of Life.

Dave, why did you decide to write this book?

Because I believe it is needed. And because I know people can learn from my life and my experiences. So many people in the world are seeking peace and happiness, including myself. And after learning about and employing the principals I write about in Connecting with the bliss of Life, my life drastically change as I became more peaceful and happy. I thought that if these lessons can work for me, they would work for anyone. So I started going through my journals and years of notes and complying everything I had learned on my journey to Blissful living.

Who did you write the book for?

I wrote this book for my son. I wanted to be able to pass down to him something that would truly help him live on this earth. But really it is for anyone who wishes to connect with bliss and lead a more joyful and fulfilling life.

What would you say to someone who reads this book and thinks, "But I don't feel ill-at-ease or stressed. I don't have any bad relationships, and I'm happy with who I am."

Well I would want to interview them to get more insights for my next book. Seriously though, There are people like that in the world, but only a very few. In my entire life I have only met a small handful who are truly enlightened and are living blissfully. When able to strike up a conversation with one of these rare gems, I always find they came to this state of existence by a long road of learning and growing. I have not met one who did not have trials and hard times. But they all share one common factor – they all made the choice to change their life.

In your book, you write about becoming a Bliss Technician™ and you give the reader exercises you call Bliss Technician™ Processes, like the Bliss Box. What is a Bliss Technician™, and will you talk a little about the Processes?

At the end of each chapter I give the reader an exercise or process to help create or deepen their connection to the bliss of life. The processes are very contemplative and all

of them involve journaling. Becoming your own Bliss Technician™ will help you scrutinize and better understand the way you think, act and feel. By doing this, you can find the areas where you need to make changes for the better and live a more fulfilling and happy life.

People live in many different socio-economic situations. Can the Bliss Technician™ Processes work for everyone?

Of course. These methods are not gender, cultural or status specific, they are lessons on how to live a better life. No matter who, what or where you are, you can employ any of these Bliss processes and gain a better perspective about yourself and how to be happier.

What are your workshops like, who are they for, and what would someone gain from participating in one?

You know, I don't think any of them are quite the same. I let the energy of the audience guide me. They do, however, all have the same theme—recognize where you are in life; decide how you want to live and what kind of person you want to be; and make a plan and commit to living a better life!

As I travel and give more lectures, I am understanding and seeing that anyone can benefit from these teachings. I have had men, women and kids from all walks of life enjoying and learning how to be a Bliss Technician™. I get letters and emails from people all over the country, saying how they employed these Bliss Technician™ methods with great results.

I strongly believe anyone with an open mind and a desire to live a better more fulfilling and happy life will benefit from [Connecting with the Bliss of Life](#) or one of my lectures.

Are you working on any other books?

Yes. I am working on two more books right now. The next to be released will come out in August 2006 and will be titled [Stop Surviving & Start Thriving: How to Achieve Life Success and Make Your Dreams Reality](#). I am very excited about this book, because it is very powerful and energetic. This book and [Connecting with the Bliss of Life](#) work perfectly in concert with each other. [Connecting with the Bliss of Life](#) is how to live more blissfully, no matter what the situation in your life may be, and [Stop Surviving & Start Thriving](#) is how to break free of the mediocrity of life and strive for total fulfillment of your desires.

My third release will come out sometime in 2007 and will be called [The Elements of Life Success](#). People seem to really love all the wild stories I tell during my workshops, so I decided to put them all in a book. Of course, the overall theme of the book will be how to pursue your dreams and become successful. The book is really about how to unlock your potential and live the amazing adventure life is meant to be.

Dave Ferruolo is a motivational speaker, life coach, business consultant, and an author. His new book offers lessons for regaining control of your life, managing stress, boosting your self-esteem, and making your life a grand adventure—yet doing all of this in a state of peace. The book is called Connecting with the Bliss of Life. To schedule an interview, lecture, book signing or workshop, or to order Connecting with the Bliss of Life, please visit www.DaveFerruolo.com or contact his publicist Cate Cummings at www.bookpublicity.com.