

Connecting with the Bliss of Life

by David Michael Ferruolo

Foreword by Steven D. Farmer, PhD

In his mid-thirties, author Dave Ferruolo seemed to have it made. He was a successful business owner with a house and a family in Laconia, New Hampshire. He had everything he wanted. He had done many interesting things, and had studied many subjects and traveled the world. One thing was wrong, however: he was miserable.

Few of us can say that we are content with our lives all the time. Even fewer can say why that is so, and still fewer can say what to do to reverse their discontentment. Today's society is burdened with a rising level of stress. We know this affects every aspect of our lives, from the way we interact to our physical health and the way we look. We accept this stressful, chaotic way of life as normal and dream of a better way to live. *CONNECTING WITH THE BLISS OF LIFE* explores these things, but more importantly, it reveals the many aspects of life that affect one's spirit and shows how to find a blissful path.

In his book *CONNECTING WITH THE BLISS OF LIFE*, Dave Ferruolo writes about a time when he was unhappy with his life, and about the day that everything changed. He encourages readers to become "bliss technicians," and each chapter concludes with specific steps toward happiness. He asserts that in order to connect with the bliss of life, one must *be* certain things. He then shows *how* to:

- Be forgiveness
- Be love
- Be peace
- Be beauty
- Be power
- Be patience
- Be abundance

CONNECTING WITH THE BLISS OF LIFE is a guide to the exploration of the soul and a perfect plan to live the amazing adventure life is meant to be.

About the Author: Dave Ferruolo is a former Navy SEAL, a black belt in karate, an accomplished musician, and a master scuba diving instructor. He has owned several successful businesses, and now writes books on motivation, empowerment and spirituality. He gives lectures and talks about Empowerment & Motivation, Finding your Power, Connecting with Bliss and many other subjects. He lives in New Hampshire with his son.

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