

Connecting with the Bliss of Life

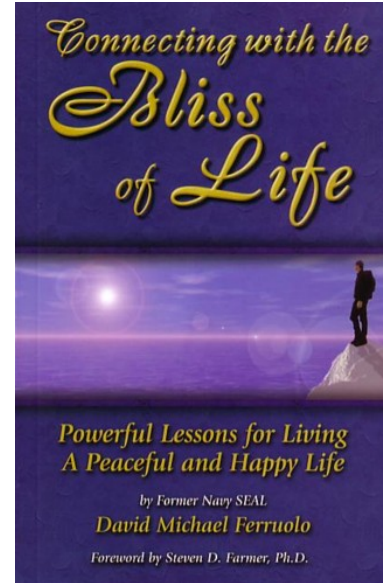
Powerful Lessons for Living a Peaceful and Happy Life

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Foreword by:
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www.connectingwiththeblissoflife.com



Former Navy SEAL Writes a New Book That Teaches How to Move Beyond Everyday Stress and Negative Thinking and Live a More Happy and Blissful Life.

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.

BOOK SUMMERY:

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