



# **How To Take Ownership Of Your Life So You Can Choose The One You Want: An Interview With Manual For Living Author Seth David Chernoff**

*Michael Senoff*

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# How To Take Ownership Of Your Life So You Can Choose The One You Want: An Interview With Manual For Living Author Seth David Chernoff

*Michael Senoff*

## **How To Take Ownership Of Your Life So You Can Choose The One You Want: An Interview With Manual For Living Author Seth David Chernoff Michael Senoff**

It's easy to let circumstances get you down, especially if you don't make enough money or you hate your job. Maybe you're in a stressful relationship or you don't drive the nicest car. Truth is, we're not the sum total of our possessions, our job, or our relationships. But we are the sum total of our choices.

The good news is – that means you're not stuck. And in this audio with the author of the wildly popular self-help series Manual For Living, Seth David Chernoff, you'll hear how to take ownership over the choices you've made so far, analyze and prioritize your life, and trust your inner voice so you can start becoming the happiest and most fulfilled person you can be.

You'll Also Hear...

- The hidden dangers of making a financial goal your definition of success – and the only kinds of goals that work
- The crazy human-nature things almost all of us do – that rob us from having fulfilling, loving lives (and how to stop doing that)
- How to organize and take inventory of your life so you stop making the kind of sacrifices that jeopardize happiness
- Concrete examples of how we pay a price for the choices we make – but how that knowledge can make us empowered
- The two honest questions you need to ask yourself about your job if the thought of going to work makes you sick
- How to take charge and say “no” already – why it's so hard for people and when to do it
- The two fears that keep most people from changing – and how to break free of them so you can take that leap of faith and feel good about it

Seth wrote his book series after getting cancer... at age 25, a time when he thought he was at his healthiest because he was young, eating organic food, working out all the time, meditating. It made him realize just how precious life is, and that even though you can't control everything that comes your way, you should try to make the most of everything you can. And in this audio, you'll hear how to do that.

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