



Live Like a Fruit Fly: The Secret You Already Know

Gabe Berman

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"In *Live Like a Fruit Fly*, Gabe Berman shares his recipe for living a more joyful, worthwhile, and abundant life in every way. A witty, entertaining, and insightful read." -- Deepak Chopra, Author, *The Seven Spiritual Laws of Success*

WHAT DOES IT MEAN TO LIVE LIKE A FRUIT FLY? Fruit flies are born, begin attending to their fruit-fly agendas almost immediately, then succumb to old age before witnessing a single change of season. Likewise, we live and die in the virtual blink of an eye. Unfortunately, we often ignore our own mortality and simply coast through our days without ever checking out the bowl of fruit on the other side of the kitchen. The life we hoped for can wait for another day, we think. But another day often slips through our grasp, and we learn that we can't wait another day . . . that if we are to live consciously, we must learn to live like a fruit fly, not tomorrow but at this very moment, the one we are experiencing now. We are responsible for creating our own destiny. Our gut, our instincts--the GPS we're all born with--will never lead us astray if we trust it. Silver linings--more fruit to feast on--will always be within reach if only we're willing to explore.

Live Like a Fruit Fly is a call to action. Through anecdotes, insightful musings, candid stories, and hopeful messages, it emphasizes the importance of following your passions as well as being grateful through *Active Appreciation* (the gentle but concentrated art of meditating on 'thank you' for everything that has happened, is happening, and is about to happen) with just enough quirkiness to stand apart from the crowd.

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From reader reviews:

Sarah Alexander:

This Live Like a Fruit Fly: The Secret You Already Know book is not really ordinary book, you have after that it the world is in your hands. The benefit you have by reading this book is usually information inside this publication incredible fresh, you will get facts which is getting deeper an individual read a lot of information you will get. This kind of Live Like a Fruit Fly: The Secret You Already Know without we recognize teach the one who examining it become critical in imagining and analyzing. Don't end up being worry Live Like a Fruit Fly: The Secret You Already Know can bring if you are and not make your tote space or bookshelves' turn into full because you can have it within your lovely laptop even mobile phone. This Live Like a Fruit Fly: The Secret You Already Know having excellent arrangement in word and layout, so you will not experience uninterested in reading.

Sarah Ford:

People live in this new day of lifestyle always make an effort to and must have the spare time or they will get lot of stress from both way of life and work. So , when we ask do people have time, we will say absolutely yes. People is human not a robot. Then we question again, what kind of activity do you have when the spare time coming to you actually of course your answer will unlimited right. Then ever try this one, reading books. It can be your alternative in spending your spare time, the actual book you have read is definitely Live Like a Fruit Fly: The Secret You Already Know.

Gladys Dearth:

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