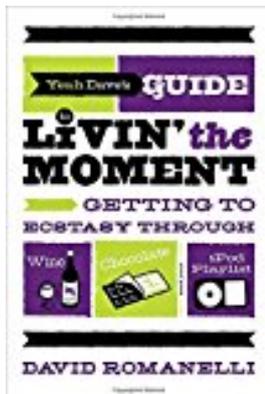


[PDF] Yeah Dave's Guide To Livin' The Moment: Getting To Ecstasy Through Wine, Chocolate And Your iPod Playlist

David Romanelli - pdf download free book



Books Details:

Title: Yeah Dave's Guide to Livin' t
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Description:

From Publishers Weekly Romanelli, a Yahoo! blogger and co-founder of a "progressive" Phoenix, Ariz. yoga studio, shares his Zen approach to happiness in this guide to the care and feeding of a

live-the-moment lifestyle: "Everyday, if you can enjoy one delicious moment...you will soon recognize a meaningful life is no further away than a box of chocolates... your walk to work, and a little... laughter." With an informal voice and a game sense of humor, Romanelli shares encounters from his own life-visiting a psychic, lessons learned from a toy poodle-that each come to worthy conclusion, reinforcing his point that peace comes from observation and appreciation, not money or "the view from your balcony." Though a balcony might seem to be a good spot for reflection, Romanelli charges through such minor contradictions, advocating exercises like a daily "spring cleaning" of the mind, and engineering "Now Point" memories-"the moments that stand out in your mind... when change happens, where paths intersect"-using the power of the senses. This lighthearted overview of awareness should provide seekers many ideas; accomplished yogis probably need not apply, though they should enjoy Romanelli's enthusiasm: "A moment, thoroughly enjoyed, takes you drifting through the past, sailing across the present, coasting into the future."

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Review Praise for *Yeah Dave's Guide to Livin' the Moment*:

"Livin' large in the moment changes everything! I loved this book!"

—Shaquille O'Neal, 4-time NBA Champion

"My golf game lives and dies by my ability to be present. I learned more about living in the moment in this book than any coach, book, or video combined. And the fact that the book is hilarious makes it one for the ages. I'm definitely going to recommend it to the other guys on the tour."

—Jonathan Kaye, PGA golfer, champion 2004 Phoenix FBR Open, 2003 Buick Classic

"This smart and funny book reminds us that finding one's passion, activating joy, and risking all for love are holy endeavors worthy of pursuing in this sometimes crazy, and often stressful world."

—Seane Corn, yoga teacher, cofounder of "Off the Mat, Into the World"

"David Romanelli is bringing an infusion (or one could say an explosion) of new energy to the world of wellness and self-help. His insight is profound, his perspective is energizing, and his stories are nothing short of hysterical. This book is a must-read for fans of the genre and a warm (if not fiery) welcome to those who would usually steer clear of a self-help manual."

—Mallika Chopra, Founder, Intent.com

"This book is in my Top Ten list for most impactful books I've ever read. It's right alongside Eckhart Tolle's *The Power of Now*. For people who are seeking deeper meaning but don't want their insight shoved down their throat, this book provides sweet indulgences of laughter, fun, and deep, soul-satisfying inspiration. With tongue-in-cheek humor, it really convinced me to spend less time emailing, calling, hustling, and worrying...and more time in the moment. I'm making everyone in my company read this book and there's no twisting arms when chocolate, wine, and music are the name of the game."

—Katrina Markoff, *Entrepreneur* magazine and Open American Express' 2007 Woman Entrepreneur of the Year, and founder of Vosges Haut-Chocolat

"Being a fan of David's 'Schtick' newsletter, I was hoping to find the book just as entertaining and insightful. I was not disappointed! I found this book to be laugh-out-loud funny while at the same time addressing serious issues in a profound way. David's combination of self-deprecating humor

and hilarious recounting of his life experiences make this insightful book a joy to read. David illustrates that personal and spiritual growth don't always have to be somber experiences, but can be filled instead with many of life's pleasures. He is truly a modern day yogi with a unique, approachable, inimitable style." --Carrie Nuttall, photographer

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