



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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