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INTERVIEW SERIES

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**



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HardToFind Seminars.com

Expert Interviews On Mind Body & Spirit

Dear Student,

I'm Michael Senoff, founder and CEO of HardToFindSeminars.com.

For the last five years, I've interviewed the world's best business and marketing minds.

And along the way, I've created a successful home-based publishing business all from my two-car garage.

When my first child was born, he was very sick, and it was then that I knew I had to have a business that I could operate from home.

Now, my challenge is to build the world's largest free resource for online, downloadable audio business and health related interviews.

I knew that I needed a site that contained strategies, solutions, and inside information to help you operate more efficiently.

I've learned a lot in the last five years, and today I'm going to show you the skills that you need to survive.

It is my mission, to assist those that are very busy with their careers.

And to really make my site different from every other audio content site on the web, I have decided to give you access to this information in a downloadable format.

Now, let's get going.

Michael Senoff

Michael Senoff

Founder & CEO: www.hardtofindseminars.com

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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

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.

Hi this is Kris Costello and I teamed up with Michael Senoff, to bring can bring you the world best health-related interviews. So if you know anyone struggling with their weight with cancer, diabetes, ADHD, autism, heart disease or other health issues send them over to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Kris And our guest today is Seth David Chernoff. Seth is an award-winning author, a two-time cancer survivor, a marketing pro and founder of multiple companies featured on radio, CBS and many other national outlets. Seth, I wanna thank you so much for joining us today.

Seth Kris, thank you for having me.

Kris You have written a manual for living, A User's Guide to the Meaning of Life.

Seth It's been a lot of fun. The book was really designed in many ways to help me understand and get meaning for all the challenges we go through in life. But as it kinda took shape it became something that provided value for a lot of other people as well.

Kris One of the descriptions for the Manual For Living is it's a guidebook to balance and connection, intimacy relationship, peace and love, evolution and fulfillment. And it sounds like a lot of the inspiration came through your own journey and kinda your own experiences in life, you had several companies before you came down with cancer is that right?

Seth Right, I was in the middle of 'em when I did get sick. But you know let's face it. Life this physical existence tends to be chalk full of challenges, whether they're illness related or financial related or emotional. I mean we are full of incredible opportunities to grow. And as I went through those experiences in my life from even as a child I would ask questions and try to understand why things happen a certain way. Why people had to go through pain or even allow themselves to suffer. And later on when I got sick, I started writing about those things. And started

to understand really what it takes to have a life of incredible fulfillment. Really to find this lasting happiness that lasts longer than a short sitcom. I mean really to find ways that we can find a level of fulfillment that was above and beyond what was commonplace in our society. And I started writing about it and that's really where the book came from. But I realized that in order to get that level of happiness or fulfillment you look at every area of your life. You can't just say "Boy, I'm waiting for the quick fix. Or the amazing relationship that's going to make everything great or the incredible job that's gonna fix all my problems. No, you have to look at every area of your life in order to fix all the tentacles of your life, to make them what you want to be.

Kris I wanna go back just a little bit though on just your own experience. You were only 25 years old, right? When you first came down with cancer.

Seth That's right it was a Friday afternoon. Boy, I really thought I took care of myself. I exercised, I ate organic foods, lots of vegetables, I meditated, I had a great job, great life. I had just fallen in love with my wife I thought I had everything together and I felt like I was doing everything I was supposed to be doing. And so it was a Friday afternoon I was sitting in emergency room for a check up on a lump that I had. It probably took a couple hours before I went through all the testing. And I finally was sitting with the doctor with my now wife, she was my girlfriend at the time, and the doctor said to me you have cancer. And I said, they can't be true like there's no way, I take good care of myself. That just can't happen. I just went in total denial. Which of course is the first emotion that you go through. Then you go through the "Why me?" and everything else. But he said to me, he said, "you know we're gonna operate tonight." And I said, "No you're not. I need the weekend to think about this." And my mother is a natural path, she's also medical intuitive, so you know I really like I needed to talk to her and she had some other things she wanted to try. And he said to me, "Look it's 5:30 now and I've got dinner plans and I'm gonna cancel those plans and I'm gonna be back here at 7:30 because you need to have a procedure done this evening." And of course I really didn't want to believe it. I just really didn't. And I went

home and I cried and then all of the sudden I couldn't walk I was having a really hard time functioning. And I ended up having the surgery and I absolutely believe it saved my life but the timing and everything that happened was absolutely transformational for me.

Chis How was it transformational? What happened with that?

Seth Well a couple things. The first thing to happen was I had incredible insight and that was no matter what you do in life you can't avoid inevitable. And for me, no matter how I tried to take care of myself I couldn't avoid cancer. No matter what I did and I did everything that I was right, I couldn't avoid cancer. And there's a lot of really healthy people out there that get sick. You know it's not only the things that you do in your life. Sometimes you just can't avoid the things that is happening in life, except most of those things are an incredible gift. And for me going through cancer was a tremendous gift, it taught me a lot, it gave me an opportunity to have a different understanding of life. It allowed me to get really close to death in order to have an amazing gratitude for life. There's so many things that I got as a result of going through it, that you don't see right away, you see as you go through life. You have shock, you have anger, you have frustration. And thankfully I had it much easier than some people in this world who have come to cancer, some of which, of course, have not made it through. But for me you know, you go through all these emotions but then you go through the other side and you realize that you are given an amazing gift. You have a new perspective of the way that you focus on your life. The way you handle time and money and work and the way you connect to other people, and that's really where The Manual for Living was born. I started writing it when I got cancer the first time and I had all your realizations about life. And I felt like they were very simple things that if everybody knew that would make their lives that much better.

Kris So Seth, you know you've been through a really blow of going through cancer twice. What kind of recommendations do you have for people? You know there's all sorts of things that happen to people that are just shocking for them and how do they quote?

Seth Well the first thing that I discovered that I also connected with other people that had been through similar situations, that had similar experience is that you get that close to death and you find gratitude. Gratitude isn't something that all of us have. Sometimes you go through life and we forget that this life is a gift. A fact, that I our spouse, or our kids are alive or healthy, or well is an amazing gift. And so there's this level gratitude we have to be able to express and experience and share in order to find that lasting happiness. So if that's the only thing you get from this conversation is to find a new renowned sense of gratitude for your life, for your family, for the people that you connect with, that in and of itself will change your life. Beyond that is a number of other things that I can go into. The next biggest one is responsibility. You know we're so quick in this society to blame everyone else for our problems. We think it's the government's fault or you know, our job work, or you know our neighbor and everyone else is the reason why we're not happy. And we have to take responsibility for our choices in life. We get in a fight with our spouse and we say, "Oh it's your fault. And you said this and you did that." But really we have a role to play not only in that relationship but in every relationship, and as soon as we can take responsibility for who we're being then all of a sudden we're empowered to make different choices in life. And those choices eventually lead us to a place we can find a greater level of happiness. We get complacent and we get scared and we don't make changes. You know when I got cancer for the first time I made all these decisions about how I was gonna spend more time doing different things in my life, I was gonna cut back on my work, but I didn't. In fact I worked twice as hard, in fact I had 2 boys, I worked multiple companies, I was extremely, extremely busy and then in the meantime, I was writing my book, at 1 in the morning, at lunch time, you know, whenever I could. And that was my life for 5 years and I just couldn't get it to slowdown. I wanted to, but I couldn't. And then I got cancer a second time.

Kris What was that? Were you just driven to a feeling of, I've got to get this stuff done, don't have much time? Or what do you think motivated all that?

Seth You know, excellent questions in there. The same questions that I asked myself even as a kid. That why we live a certain. Except we kinda get in these patterns, and as much as we want to change them sometimes we can't. We don't let ourselves change them. And so my desire for success, if you will, or to have financial security or a nice house from my family was greater than the desire for my own internal well-being and balance and health and happiness. And so I made different choices. Now the choices aren't wrong or right, but the choice that I made had a price and those choices included a lost of time with my kids, I got sick. I had a price to pay for the choices I made. Now looking back the price that I paid was much greater than any gain that I got through that choice that I made, but they got me here. So when I went through cancer a second time in the middle of it, I made the resolution, but this time I said I can't do this again. 'Cause I knew if I got cancer again I wasn't gonna make it. If I get through this one I am absolutely making some changes. And that time I did. We sold a couple companies, I shut one down, I simplified my life. I really made sure I was home a lot to be with my kids and spend a lot of quality time with my spouse. But sometimes it takes these amazing outside circumstances to get us to make the most important changes in our life, because on its own I had a very hard time making that choice. But when I this amazing enlightening understanding and realization of my life, the choices were very easy. And I just said, "Okay this is it. It's time." And then I revamped my life.

Kris Right, and it's interesting Seth, what you say about, you know, we often the choices that we think are going to guarantee health and good outcome and then we had perhaps some blinders on the things we do that are actually fighting against us. It sounds kinda like that was going on a little bit.

Seth Absolutely you know it's kinda like when you go to McDonald's and you get a happy meal and it's cheaper than going to the supermarket except you pay a price. You pay a price of you health by not putting good organic wholesome fruits and vegetables in your body. You pay a price, it's just not always a price to pay in that moment. Eventually you'll pay a price for the choices you make. You know if you choose not to exercise you get overweight and become diabetic. We'll you paid a price. You

might have saved money in the moment by not buying organic foods, but you have a price to pay. Life's the same way you know, you choose a job that incredibly demanding it's not fulfilling, it's not rewarding. You will pay a price for making those choices. And so if we look at our lives and we kind of dissect it in an area where we can pick and inventory, so we say let me look at the quality of relationship with my spouse. What am I doing? Who am I being? How can I make that better? Well it's usually a couple of little things that make most of our relationships that much better. The same goes for our work if we dissect our life in a way that we start to understand the choices we're making, that empowers us to make different choices to make better choices.

For more interviews on health, mind, body and spirit go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).

Kris And so another thing you talk about in Manual for Living is change and it being very difficult for people. And why do you think it's so hard for people to change?

Seth That's a very, very good question and I relate it back to death. Death is the ultimate destiny of all our lives. We know that in this physical existence, we will all die and we don't know when. And that unknown is very scary for so many us. Now it you've been through this catastrophic illness like I have any people have sometimes you get this peace, you have peace with death and you accept it you don't get as scared of it as you might otherwise, but it's that same unknown that paralyzes us from making choices in our life. We're in a bad job but we're scared what happens when we let go of it. You know we're in a dysfunctional or abusive relationship but we're scared to leave it because we don't want to be alone. And we don't know what's on the other side of that door. Except the only find out if you take that leap of faith. The only to know if there's somebody better out there for is to leave our relationship if it's a bad one. We know we're not supposed to be in there. And the same with the job, if it's dysfunctional, if taking away our life, if it's not something that's fulfilling or rewarding. We can actually make choices that are better for us. We can find a place that we belong that is more rewarding.

Kris So Seth, what are the things people can do to make change easier?

Seth I would say we need to focus on the areas that we can control. We can control who we are, who we're being, and the actions we take. We cannot control the reaction other people have with us. For example, if you come home and you have a conversation with your spouse and they get very angry with you cannot control that. But you can control who you are being. If you kind, expressive, or gracious, if you're caring caring, and so I think we need to start with the things we can control and take responsibility for those things. You know if our job isn't everything we want to be and if your job isn't feeling rewarding, well the first thing you need to do is really be honest with yourself. You know are you giving 100% of yourself to this job. Are you really being service to your customers, your boss, coworkers and if you're giving 100% of yourself to this job, you're trying to make a job as great as possible and it's still not what it's supposed to be then it's time to make a change. But we have to take responsibility for the choices we make, wither who we're being or the actions we're taking. And so again if you look at your life and the quality of every relationship, the quality of your job you take responsibility for the things you can control very quickly you're empowered to make different choices. That very thing can help you find a greater level of happiness and fulfillment.

Kris Another thing you talk about in Manual for Living is why it's so difficult to live in the moment.

Seth I say in the Manual for Living too that most of these topics and things that I talk aren't things that you haven't heard somewhere or you don't already inherently know. A lot of people talk about living in the moment. Except there's a perspective that we need to have because most of us still don't do it. You know we're so obsessed with processing and understanding the choices we made yesterday and dragging all that baggage forward. And then we're planning and thinking about everything that's happening tomorrow that we miss the moment and that's why I love radio so much because you're fully in the moment,

there's not a lot else going on. You get to be fully present and dive deep into one part of life. And that's really how we should approach our world. When we connect with our spouse or with our, children, our parents we can be fully present we don't have to be on our phone, reading the paper, doing 8 million things at the same time we could actually be fully present. But it takes diligence, it takes effort and it requires that we actually make choices in that moment that are towards our overall well-being and the well-being of those we care about. I think it has a lot to do as well with priorities. You know sometimes we feel like our priority is our work, when we know in our heart it's our family or caring for the people that we love or spirituality. Except the actions we take on a daily basis don't always mirror our priorities.

Kris How do people focus in on those priorities? Do you have exercises you recommend? How do you figure out what is important to you?

Seth I absolutely do. You know let's also realize that in this day and time there's a lot of people going through a hard times. And again you know for me it was cancer and some financial challenges and a million other things. But for many people losing a job, or foreclosing on your home and so even in the midst of all this chaos there's an opportunity for all of us. And so you know we have to, take a breath and we have to look at our life and say what are the choices that we're making that make my life look this way? And so with my exercise what I always tell people do to take a break. Stop for just a moment to look at your life. My life was incredibly chaotic. And I got sick I had to dissect my life to look at all the commitments I'd made most of which I wasn't doing all that well, 'cause I had too many of them. And I had to kinda prioritize and I said, "Okay great." Clearly my top priority is taking care of my family. That is really important to me. My spirituality is very important to me. Beyond that you know is my work, my work is very important to me. So how do I organize my life so I'm not sacrificing things that matter most? How do I make my day, so when I go to bed at night I don't feel like, "Gee, I wish I was in a few minutes with my son today or my daughter." So I have kind of a process of doing an inventory, daily inventory. And we look at our life and

we say, "Gosh where am I sending my time?" We know that most of our time we spend sleeping and working. And so I say, if your work since you spend most of your time there throughout the year is not rewarding, fulfilling, gratifying and is not something that makes you excited to do, then perhaps you need to look at changing the way go to work or changing your job. And then maybe you can reallocate some of that excess time that things really matter so that every day you actually allocate time to the things are most important to you. So if it's your children, your spouse, or your spirituality which those things are important to me. I make sure I block time for those things right away, so I don't get distracted by all the other things that I have to do every day that we all have to do and then miss the things that are most important.

Kris Obviously you're is very successful as an entrepreneur and a business owner. You said you had so many business opportunities coming your way now. Now is it partly just being able to learn to say the word no?

Seth Why is saying no so hard? And I think that is a big part of it. Because people are afraid to say no, they don't want to hurt other people's feelings. They don't act expressive all we want wanna express the fact that they can't handle it all. We all wanna handle it all, you know, we've got big shoulders we can take it on. But you know we can't. You know we're all overworked. We have too many responsibilities at the end of the day I don't know a single person who gets done with their task list at the end of the day. We just don't. And so we look at our priorities and say great, it I don't get to everything at least I got to what was most important. And that's the distinction. But like you said, part of that you have to be able to say no. You have to know your limits and for me, I got sick because I was unable to say no. You know I got cancer the second time I believe because I just couldn't say no. I was too driven to say yes, always yes. And like you said opportunity showed up and he said, "Wow. Great opportunity, I guess I have to do that." And no, you don't. You need to take care of the things are most important. And sometimes taken care of you.

Kris And it's interesting to me because we've interviewed a lot of the gurus and the transformational leader types and I often wonder you know what is the motivation there because many of these folks are quite wealthy. You know they've already done just so many things that have been successful, and yet, I see them continuing and continuing to build on what they've done. What is that all about?

Seth It's funny you say that. So I had made all these changes in my life, you know I had simplified everything. I took my life to a place where I felt like it was quite in balance and then I published The Manual for Living, right. And all of the sudden I'm booked on tons and tons of radio interviews and articles that I have to write and I'm booked. And I'm sitting with my wife and she says, "You know, I get the feeling that you're getting out of balance again." And I had this momentary flash where I realized that I cannot talk about this unless I'm living it. And so I had to dramatically change the way I was promoting the book and talking about the work. And I can't talk about balance if I'm not the one living it, and it's not an easy thing. And I know some of you gurus are talking about that are incredibly successful and incredibly busy because of all the things they take on. For me that's just not how I feel that I gonna perform at my best. And so I made some conscious decisions that I just can't do every interview. I just can't do every request of my time, even though this work is extremely important to me and want to get everybody. There's only so much I can do. There's only so many hours in a day. And I only have so much energy, going through cancer twice, going through surgeries, and everything else, I just don't have much energy as I used to. I used to be able to sleep just 4 hours a night and be just amazing for the day. Now I need my sleep, I need some down time, I need time with my kids, I just need that or I start to feel myself get sick or not well. It goes back to what you said earlier about not being in the moment is that we get distracted by this grandeur, this vision of something else. We get out of the moment and we forget all these principles that we've put in place that are there to help our lives be more fulfilled they're there to help us be well and healthy, and happy. And so when I was writing the manual, I realized that people didn't have time to read a whole book, most people don't, but they have time to do one little thing that's

gonna make their day just a little bit better of that moment a little bit better. And that's exactly the format that I wrote the book in. Because if you can do one thing that makes your day better. That's worthwhile, that's worth your investment, that's worth your time. But if everyday you do one thing that will actually transform your life.

Kris And I really like the quotes in the Manual for Living they are very inspiring in the front of each chapter.

Seth Thank you. Yeah it kinda was designed to put things in perspective. You know, we talk about things that people should know about, like breathing. Breathing is so essential to our life except when things get stressful that's the first thing that goes out the window. We stop breathing, we get this shallow breath that's not very fulfilling. All of the sudden we take a moment to stop and breath and then that moment changes. And so yeah each section has a little quote that puts the overreaching moment into some type of reality freedom.

Kris One of the things that a lot of people have trouble with is trust. And you talk about that your book Seth. And why is it so hard to trust?

Seth Well trust is a big part of life. And it's definitely one of the core tenets of a fulfilled life. And it's not just trusting others, it's trusting our self, it's having faith in our own life that things are gonna work out. You know we talked about one of the problems that people have, why they don't change, why they stay in bad relationships or dysfunctional jobs and one the reasons is that they are scared of the unknown. The bigger reason is that they don't have faith, they don't trust that things are gonna work out. You know in our darkest hour of our lives we can get up in the morning and say, "Gosh I just don't know how I'm going to get through the day. I don't know how I'm going to face the demons in front of me." But then all of a sudden it's the end and you're sitting there in bed and you say, "Gosh I got through, I don't know how I got through it." When I was going through cancer I also had a whole bunch of other things going on at the same time. And I couldn't see the light at the end of the tunnel. I would just look through it and it was just dark. And I really

needed some hope and so I had to just dig really deep to find that level of faith that things were gonna work out. I had to trust that things we gonna work out the way that they were supposed to. But as I learned that over time the worse things that happened in my life I have faith now, I have this undeterred trust. And I'd like for everyone to have that. And everyone to realize that no matter what you're going it's going to work out. It may not work out, in fact I guarantee it will not work out in the way you think it will, but it will work out. And it will work out for the best, for you, for the community, for humanity at large. It is does, it works out in a manner and method that's supportive of who we are.

*This is Kris Costello reporting Michael Senoff's
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Kris Lets look into a little more deeply, because if you somebody that's maybe caught in some of the problems of the economy. And you know of a lot of people lost their homes, gone through to financial ruin. How do they get through that? I mean is it a matter of having a different mindset? What do they do?

Seth Those are hard things and in the moment of that trauma and difficulty it's very difficult to have a discussion about how to change your mindset, it just is. You know when life is great we're not praying for help. It's only when life is very traumatic and challenging that we're begging for any help that we can get. Whether for you it's your religion, it's your spirituality, something, you have to have some understanding that there is a divine purpose for your life and for the things that you're going through. We have a have a reason for being. When I look back on cancer, those are some of the greatest gift I've received. They taught me so much about life, they gave me life, they gave me the opportunity to reconnect with my world. And so I would say if you're going through some truly hard times, you have to take a moment, be kind yourself and find that level of faith. If you need to go to church or synagogue or Mosque to pray then do that. Take some time in nature and sit under a big oak tree, then do that. But you have to find that level of peace and that understanding deep within yourself that it's gonna work out. We all have this, I believe this inner knowing, this inner truth and

whether you believe that's your soul, or that's your higher self, or and universe at large. We have is guiding light that kinda connects to where we're going and that given the answers of the hardest questions that we face, but we often ignore that in a moment of extreme difficulty, so we have to take a moment to listen that and to listen to our inner voice and see what it's trying to tell us.

Kris One of the chapters in Manual for Living is on financial freedom. And you know we just talked to a lot of people are struggling with that. Let's talk a little bit about that. What is the whole money issue all about for a lot of people?

Seth Yeah, a great question there. I have a real hard time with the relationship that we all have towards money and even my own relationship towards money. When you don't have money you think the world has just stopped and that everything is falling apart. And again I've been through a financial challenge, I know what they're like and I went through them when I was sick. So it kinda was just insult to injury. But even in the midst of that you have to realize that money is just that, it's money. It was designed as a bartering tool, and for many of us it has become a tool that controls our life. We deem our value in life by the amount of money we have, by the size of our house, the quality of our car. That's how we give value to who we are and it's just not true. We are not our possessions, we are not our job. We are just who we are. And so if we get back to who we're being any given moment we realize what you our priorities are in life, which again for me are my family and my spirituality, realize that money up to a certain point, feeds my family. But beyond that it cannot gain control of me. I have to have a new relation to it. I think we all have to have a new relationship to it. You see people right now who have gone through so much financial turmoil, they've lost their home, they've lost so much money but somehow they've come out the other side with a whole new perspective on life because they have their family and they have a reason for living and the house of that they were holding on to so tight you know what they can live without that. But they can't live without certain things and they realize that their house is actually kind low down on the list when they come to truth with everything. How much is enough, right? That's the old question,

how much is enough? There's a study that I remember reading about when I was in college, we took all these business courses and they asked each person, well how much money is enough for you to be successful? And for every person in the class it was a different number. But what happens in life when you get to that number you realize that it's not that number anymore. "Okay gosh as soon as I have 100 thousand dollars, I'm going to be successful." As soon as you get to 100 thousand you realize that it just became a half a million or a million, you never get there. And so you have to find peace within yourself, that it's not about that that your success is not about the size of your bank account. But we just have this dysfunctional reality that it's about how much money we have, that somehow that is going to make us happy and it never will. We can't put aside happiness for a later date. We can put money aside, but happiness in the moment we can't ever relive that.

Kris So obviously Seth you know your experience with cancer and writing Manual for Living which is just really is very thorough guide for people a fulfilled life. You talk about spirituality and physical limitations. I'd like to share that a little bit with our listeners.

Seth The first book in the manual is called reality and that's book we're talking about. And there's actually 3 books in it. This first book is all about our physical experience because we have to come to grips with our physical experience. We have to get a heightened perspective on how we're living this physical life. You see we are physical body, but were actually a soul, we're so much more than that. This physical body will die, it's designed to die. That's just part of the evolution of being a human being. And so if we can take this new understanding about how we live our life, our relationship to our physical body in this physical world many times a lot of these problem that we face, they become less so. They don't have the same control over us, like money, like a house, like a fancy car, because you realize that we are a soul and that our time is limited here. And that we have a higher purpose for living, and so when we look at how we did get to this place of fulfilling deepest parts of ourselves. The only way to do that if you find service, that's the only way. The only people that I've ever met that are truly happy are people who

have found service. And that's not to say that you sacrifice yourself to that process, but you actually give of yourself and your rewarded emotionally sometimes it's financially. But you find a way that you reactions, your work in life has to do with service, has to do with giving out in the world. Not entirely obtaining. Obtaining will happen as a side effect of the gifts you give, but we have to be focused on the giving part of our lives through doing that we'll find a whole new level of happiness. And even in the midst of the darkest time that you faced being of service will give solice.

Kris It's very inspirational to hear you say that.

Seth Thank you.

Kris What do you think is the biggest problem we face right now in the United States as a society?

Seth Well actually I think it goes back to responsibility. I really do. I think that we have to really take responsibility for who we are, for the people we elect to lead our country, we're responsible for the life we lead, for the work that we do, for the actions we take, and for who we're being in any given moment. Again it's so easy to blame everyone else for our misfortune. You know when I got cancer I could easily blame everyone else for any issue that happened in my life. But, it wasn't their fault. I need to take responsibility for my own level of happiness, or the lack thereof, and in this moment my happiness is very much dependent on the choices I make, and who I choose to be. I can absolutely be vile or depressed or disappointed or I can choose to see amazing things in my life even though I might be in pain, I can see the amazing things and I can find gratitude. I think if we can all take a moment and find a way to take responsibility for the choices we made that made our life the way it is. It's not everyone else's fault. It's choices that we made. Our life is the sum total of every choice we've made in our life and we're not happy in the moment, guess what. You can change it. You're in the driver seat. You can't blame everybody else for your problems and I think that responsibilities something that we have to start with, we have to take responsibility for who will we're being in this life and the choices that we're making.

Kris I think when we take responsibility it ends up having kind of a ripple effect that doesn't it?

Seth It does and it's very empowering. It's very empowering. You know when you're going through cancer you realize how much of your life outside of your control. That you could die, you to go through some traumatic side effect that part is really outside of your control. But the part that's within your control are the choices you make and the reactions to take the actions that are happening in your life. When I went cancer the first time and the doctor told me I need to save life, basically. We're gonna operate tonight. I begrudgingly did it, but he saved life. I was very grateful and to this day I'm very grateful for that. Except for, two weeks later after I had started recovering he came to me and he said, "Okay it's time to do a second surgery. We need to take out all you lymph nodes." So, what did I do? I went online and I looked on Internet at pictures of people have their entire chest opened up and all of their lymph nodes taken out. And I said to myself, absolutely not. You got the cancer, I'm really supportive of that, but now I need to make my own choices and my choice in this moment is that I'm not gonna go through with that. And if I have to pay a price that's okay. It's my choice, my price to pay. But I feel like you got the cancer and I don't feel like there's anything else in me. And that was following my own truth. And that was the decision that I made. I didn't go through that surgery and I instead took his advice of going through a very rigorous monitoring process of Cat scans and blood tests every month but that was a choice that I made. And I made that decision consciously. Now I could have made a different one, I could have the surgery. It would've been my choice, and so those are the things that I face that were pivotal in what became who I am in this moment, the choice that I made. But we all have those choices. We all in every moment have amazing choices that will determine our level of happiness or service our life. We're making them right now. We just think that they are insignificant, but they're not. Every one of those choices determine quality of our life.

Kris And that is so powerful and we all have such access now to information with the Internet. And just to hear you talk about how you made your decisions we're so lucky to have that now.

Seth We are, you're absolutely right there's an excess of information, sometimes too much. But there's so much information that if you really are conscious about not only your health but your life in general, you can learn so much and be more educated about the choices that you're making.

Kris I just want to ask you also, what do you hope to achieve with Manual for Living?

Seth Well this book has been very much a labor of love for me. The information I feel like is very important. I been through some very challenging things in my life as many people have. And my goal is to find a very simple way to disseminate a lot of that information. So maybe it doesn't have to be as painful for you or your listeners. Maybe they can go through life and not have to be challenged as much as I did. Maybe they can make their lives a little bit better by some of the information in the book. So my hope is that people read and make some positive changes in their life. If you don't buy the book you can always go to website all kinds of information about it, but my hope is people really will embrace a lot of the gratitude of the level of the commitment that I talk about in the book, that a lot of people talk about, but I think it will make their lives that much better.

Kris Wonderful and can you give our listeners a website to go to?

Seth Absolutely. My website is manualforliving.com, and if you go there, there's a whole list of all the local bookstore that carry it and Amazon and iPad everywhere else you can find the book. You can learn about me and connect with me, I'd love to chat with you and hear your stories. If you buy the book or you don't, I'd love to connect with you anyway.

Kris Thank you so much Seth, we really appreciate talking with you. And hopefully we'll get to talk on the other 2 books too.

Seth Sounds fantastic, thank you Kris.

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That's the end of our interview, and I hope you've enjoyed it. For more great health related interviews go to Michael Senoff's [HardToFindSeminars.com](http://www.HardToFindSeminars.com).