



Live Like a Fruit Fly: The Secret You Already Know

By 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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Editorial Review

Review

What am I supposed to be doing with my life? That's probably the most asked question in the world of New Age. Berman claims to have the answer: stop doubting yourself and live in the moment, like a fruit fly. His cut-to-the-chase style and chatty tone make this an easy read. Like he says, we already know the things he's telling us, but he says them in a way that makes it seem like we are hearing them for the first time. With chapter titles like *Bread Crumbs*, *Active Appreciation*, *Clown School*, *A Quick Lighthearted Break*, *Bulletproof Vest*, *Over the Top*, *Oh No*, and *The Dreaded Phone Call*, flipping through the book will give customers a good idea of what awaits them when they read it. Whether they read the book from beginning to end, or randomly open it to read one section, what readers will find is get-off-the-couch enthusiasm and a good explanation of why that's important. This one is a good quick pick-me-up. (reviewed by Anna Jedrzewski)

(Anna Jedrzewski *New Age Retailer*)

Review

"Meet the new generation of consciousness-raising. Gabe's simple, yet profound message can be a life-changer."

?Alan Colmes, Nationally Syndicated Radio Host

(Alan Colmes)|

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(Deepak Chopra)

About the Author

Gabe Berman is a native New Yorker who settled in South Florida after graduating from the University of Miami. An epiphany, a passion, and a trail of breadcrumbs led him out of Corporate America and into a writing career. His columns appear regularly on Alan.com.

Find Gabe on Twitter @GabeBerman or his blog GabeBerman.com where he's currently writing the sequel, *The Fruit Fly Strikes Back*.

Users Review

From reader reviews:

Wilma Blue:

People live in this new day time of lifestyle always try and must have the spare time or they will get lot

of stress from both daily life and work. So , whenever we ask do people have time, we will say absolutely without a doubt. People is human not just a robot. Then we question again, what kind of activity are you experiencing when the spare time coming to a person of course your answer will certainly unlimited right. Then ever try this one, reading ebooks. It can be your alternative throughout spending your spare time, the actual book you have read is actually Live Like a Fruit Fly: The Secret You Already Know.

Elena Sparrow:

This Live Like a Fruit Fly: The Secret You Already Know is great reserve for you because the content that is certainly full of information for you who always deal with world and still have to make decision every minute. This kind of book reveal it information accurately using great coordinate word or we can declare no rambling sentences inside. So if you are read this hurriedly you can have whole data in it. Doesn't mean it only gives you straight forward sentences but difficult core information with splendid delivering sentences. Having Live Like a Fruit Fly: The Secret You Already Know in your hand like finding the world in your arm, data in it is not ridiculous one. We can say that no guide that offer you world throughout ten or fifteen minute right but this book already do that. So , this really is good reading book. Heya Mr. and Mrs. active do you still doubt that will?

Debra Heffner:

In this era which is the greater particular person or who has ability to do something more are more special than other. Do you want to become one among it? It is just simple strategy to have that. What you have to do is just spending your time almost no but quite enough to get a look at some books. Among the books in the top record in your reading list is Live Like a Fruit Fly: The Secret You Already Know. This book and that is qualified as The Hungry Mountains can get you closer in growing to be precious person. By looking upward and review this publication you can get many advantages.

Micheal Goggin:

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