



# Live Like a Fruit Fly: The Secret You Already Know

By Gabe Berman

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**Live Like a Fruit Fly: The Secret You Already Know** By Gabe Berman

*"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

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#### Carmen Fields:

The knowledge that you get from *Live Like a Fruit Fly: The Secret You Already Know* could be the more deep you rooting the information that hide within the words the more you get considering reading it. It doesn't mean that this book is hard to recognise but *Live Like a Fruit Fly: The Secret You Already Know*

giving you excitement feeling of reading. The article writer conveys their point in particular way that can be understood by anyone who read that because the author of this publication is well-known enough. This particular book also makes your current vocabulary increase well. Making it easy to understand then can go together with you, both in printed or e-book style are available. We highly recommend you for having this specific Live Like a Fruit Fly: The Secret You Already Know instantly.

**John McGinnis:**

Spent a free time and energy to be fun activity to do! A lot of people spent their spare time with their family, or all their friends. Usually they undertaking activity like watching television, planning to beach, or picnic inside the park. They actually doing same task every week. Do you feel it? Do you need to something different to fill your own personal free time/ holiday? May be reading a book can be option to fill your free of charge time/ holiday. The first thing you ask may be what kinds of reserve that you should read. If you want to try look for book, may be the publication untitled Live Like a Fruit Fly: The Secret You Already Know can be excellent book to read. May be it is usually best activity to you.

**Linda Meier:**

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

**Robert Bowser:**

As we know that book is vital thing to add our information for everything. By a publication we can know everything we really wish for. A book is a range of written, printed, illustrated or blank sheet. Every year seemed to be exactly added. This guide Live Like a Fruit Fly: The Secret You Already Know was filled concerning science. Spend your free time to add your knowledge about your research competence. Some people has distinct feel when they reading some sort of book. If you know how big selling point of a book, you can feel enjoy to read a e-book. In the modern era like right now, many ways to get book that you just wanted.

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