

[PDF] Six Simple Rules For A Better Life

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Description:

Review “We need a book like this. Slowing down to make these changes is indeed the requirement. Some of it may take work, but that’s the point. Simple doesn’t equal easy. Do it.”

— Chris Brogan, President, Human Business Works

“It’s often occurred to me that the most important components of my peace and happiness are actually quite simple. When I start feeling overwhelmed or unbalanced, it’s generally because I’ve complicated things and lost touch with what truly matters. This is precisely why I loved reading David J. Singer’s book Six Simple Rules for a Better Life: it offers practical wisdom by focusing on

the simplest of ideas—which we nonetheless forget at times— and includes concrete suggestions to make incremental change across multiple areas of our lives...”

— Lori Deschene, author of *Tiny Buddha, Simple Wisdom for Life's Hard Questions* and founder of *Tiny Buddha*

“In a world of bloated books and meaningless essays, David’s *Six Simple Rules* offers you a gift - Return On Attention.”

— Tim Sanders, author of *Today We Are Rich* and founder of *Net Minds*

“If only life came with an instruction manual, we’d all be better off. In lieu of that...David Singer offers his *Six Simple Rules for a Better Life*...”

— (201) Magazine

“David Singer has written a very full book — full of useful ideas, full of great references to other books, full of personal experiences that reveal immense insight and wisdom, and full of an overall way of understanding how to make life successful, satisfying, and happy in simple, daily ways. So many ‘breakthrough’ books today promise a lot and provide little. David’s book promises a simple approach and delivers much more.”

— Dan Sullivan, President, Strategic Coach

“...Singer is a student of success and happiness. He’s read most of the classics in the self-improvement genre, and he generously shares the best insights from these authors. Reading the book was like taking a short course in having a good life. And to get an A in the course, all I have to do is implement these reminders of good, commonsense advice...”

— Dennis E. Coates, Ph.D., author of *Conversations with the Wise Uncle*

“When it comes to coercing you to drop beloved-but-destructive vices and accept the things you grudgingly acknowledge are good for you (no easy task), David Singer is a master. He is no annoying drill sergeant, and he is no therapist. He’s just some incredibly smart guy who understands you fully because he has done the same exact things he’s advising you to do, and he’s psyched to see you get where you need to be. That makes this book a happy, worthwhile life changer.”

— Robert Edelstein, author of *Full Throttle: The Life and Fast Times of NASCAR Legend Curtis Turner*.

About the Author David Singer is super-passionate about changing the world; making it a better place. Like most people, David strives to make his life better. Unlike lots of people, he’s learned to better his life in hundreds of ways while avoiding the stress, frustration and guilt that can follow the failed attempts at making meaningful and lasting change via New Year’s resolutions — we’ve all been there, looking at a largely unchanged list a year later. He wrote *Six Simple Rules for a Better Life* to help other people make the kind of progress that he and others have made using the game plan and ideas presented in the book. David Singer is the co-founder and CEO of Singer Nelson Charlmers. David lectures for companies and other organizations on *Six Simple Rules for a Better Life* and writes the *Six Simple Rules for a Better Life* blog at sixsimplerules.com.

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