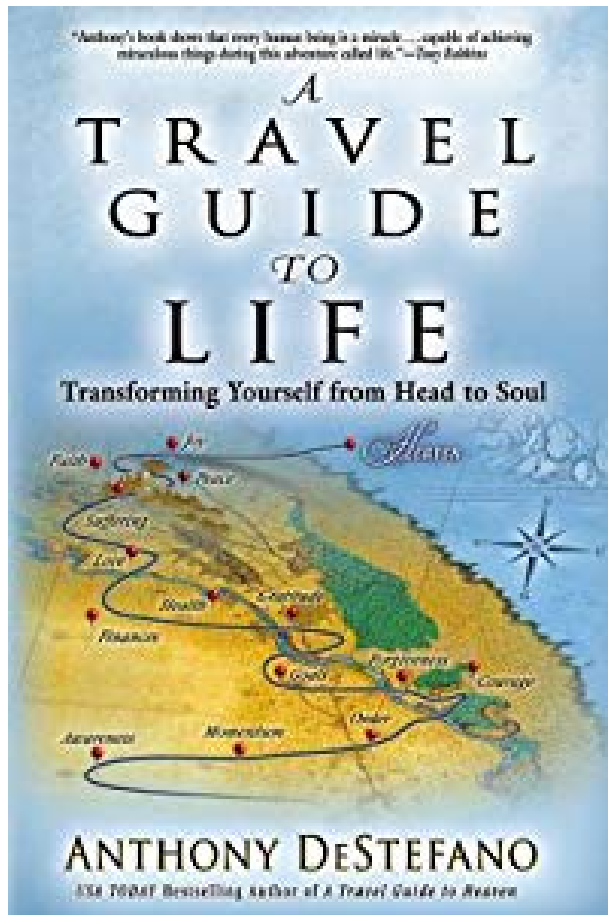


# A Travel Guide to Life



<b>Genre:</b>	Nonfiction
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<b>Pages:</b>	256
<b>Language</b>	English
<b>Author:</b>	Anthony DeStefano
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Anthony DeStefano's first book, *A Travel Guide to Heaven*, explored the wonders, joy and fun of the next life. In *ALL THIS AND HEAVE, TOO* he comes back to earth to reveal to readers the wonders, joys and fun of this life. Happiness: everyone wants it, not everyone has it-or even knows how to get it. People differ on the definition of happiness, where it comes from, and how to achieve it, but its importance to our everyday lives is universally agreed upon. Many writers have written on the subject of happiness, but an important aspect is always missing. A vast majority of self-help books neglect to mention a spiritual component when providing people with tools to better their lives, while the books that do focus on spirituality tend to concentrate on that and nothing else. *ALL THIS AND HEAVE, TOO* bridges these gaps to combine the best elements from both self-help and spiritual books to create an uplifting, joyful and motivational guide to living life to the fullest. DeStefano has crafted a method that provides nourishment for the whole self-- it's Tony Robbins meets Thomas Aquinas; Andrew Weil meets St. Augustine. Chapters include: · Starting Fresh: Your Past Is Not Your Future! · The Attitude of Gratitude · Discipline: The Vince Lombardi Guide to Spirituality · Life is a Paradox In *ALL THIS AND HEAVE, TOO* , DeStefano teaches readers that they can experience the happiness of Heaven on earth, no matter what their circumstance.