

A New Adventure Every Day: 541 Simple Ways to Live with Pizzazz

By David Silberkleit

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You don't have to climb Mt. Everest or go bungee jumping to be adventurous and full of life. Just by waking up to being alive, breaking old patterns of behavior, trying something new, sharing yourself and expressing yourself fully, you can transform your life into an exciting, fulfilling adventure, each and every day.

Hundreds of simple exercises and activities help you find the joy and liveliness in every realm of your life. From health and fitness to relationships, career, home life and your love life, let the adventures begin!

-- Take a deep breath just outside your door. What is the smell of the season? If you live in a crowded city, drive out of town to the woods and take your nose for a walk.
-- Take your taste buds on an adventure. Instead of the same old supermarket, visit a different one and sample an assortment of unfamiliar foods.
-- You don't need to travel overseas to enjoy the experience of your country of choice; take an international food vacation instead.
-- Buy breakfast, lunch and dinner at a Japanese market. Visit the German butcher and ask him what he would suggest for dinner.
-- Get fresh pasta at an Italian market. Buy a cookbook and learn Hungarian cooking.

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Editorial Review

From the Author
What if there were no longer any excuses and you could start your adventurous life right now? What if you didn't have to wait until the kids were older, work slowed down or your bank balance reached a particular level? I've written a book that brings adventure right into your living room. You don't have to go out there seeking it. All you have to do is open up your perspective and consider that adventure is lurking right beneath your nose.

I've listed 541 ways for anyone to find adventure without leaving town. Close your eyes and open this book to any page and do the adventure listed...and any ordinary day becomes extraordinary.

I hope you have as much fun reading it as I did doing (and writing) all 541 of these everyday adventures.

David Silberkleit

About the Author
David Silberkleit is a Master Certified Life Coach who has helped hundreds of people bring the spirit of adventure to everyday life. It was only after years of traditional adventures that he discovered the degree to which adventure is possible for everyone and anyone, regardless of their circumstances.

David holds six different pilot's licenses, is a certified scuba diver and ski instructor, avid rock climber and has ridden his bike through 13 different countries. His top ten traditional adventures include:

10. Scuba diving with sharks in Palau.
9. Biking from Hanoi to Saigon on a recumbent bike
8. Breaking a concrete block with his fist in a karate test
7. Climbing a rising air current in a sailplane to an altitude of 27, 000
feet over Nevada
6. Flying instrument approaches in single-engine airplanes in bad weather with a low cloud ceiling and low visibility
5. Flying a blimp
4. Throwing out the first pitch at a Major League Baseball game in front of 52,000 people
3. Dining at the White House
2. Getting married to long time girlfriend on a farm in New Zealand and celebrating with the entire village in a softball game on the crop duster landing strip (a motorcycle trip around Canada's Prince Edward Island later led to their divorce).
1. Strolling down Broadway in a Jughead costume in the Macy's Thanksgiving day parade

While searching for the ultimate route on a round-the-world tandem bike trip with his new girlfriend, David realized that wherever he went adventure was present. It suddenly became crystal clear to him that adventure is not something one finds externally but instead lives inside us all. He cut the bike trip short and came home to Connecticut to write books and to support people to find vitality and courage in their lives right now, without waiting for weekends, vacation or retirement.

For more information about personal coaching, speaking engagements and adventure seminars, visit

www.everydayadventure.com.

Users Review

From reader reviews:

Ethan Scott:

This book untitled A New Adventure Every Day: 541 Simple Ways to Live with Pizzazz to be one of several books in which best seller in this year, that's because when you read this book you can get a lot of benefit on it. You will easily to buy this particular book in the book store or you can order it by way of online. The publisher of this book sells the e-book too. It makes you quicker to read this book, because you can read this book in your Smartphone. So there is no reason for your requirements to past this book from your list.

Willie Dreher:

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Ronald Hopkins:

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Emma Peterson:

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