



# Yeah Dave's Guide to Livin' the Moment: Getting to Ecstasy Through Wine, Chocolate and Your iPod Playlist

*David Romanelli*

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## **Yeah Dave's Guide to Livin' the Moment: Getting to Ecstasy Through Wine, Chocolate and Your iPod Playlist** David Romanelli

Yeah Dave" Romanelli puts chocolate, wine, and excellent tunes right on the path to enlightenment. What's not to love?

David "Yeah Dave" Romanelli is kinda hip, kinda goofy, and occasionally really outrageous, an unlikely guru who is reinventing the quest for enlightenment. For Yeah Dave, the path to ecstasy doesn't require any previous experience with yoga, meditation, or wellness. He shows us how to find transcendence through everyday pleasures, like admiring the sunset or rocking out to your favorite band. "There is a place where the chocolate tastes sweeter, the music sounds better, the inspiration feels richer, and the visions look clearer," writes Dave. "That place is the Moment."

Yeah Dave's Guide to Livin' the Moment offers an alternative to the crazy, over-stimulating, distracted world we live in today, a world in which we watch the news while eating, eye our email while conversing, and forget to notice the full moon while texting. On our mission for speed, movement, and stimulation, we risk missing our life. Yeah Dave's book gives us our life back, one beautiful, delicious, and funny moment at a time.

Yeah Dave's Guide will make you laugh out loud while taking you someplace totally unexpected. Through hilarious vignettes about his dorky moves on the dance floor, his Crackberry addiction, and his tryst with Hot Horny Married Woman, he shares fresh and unforgettable wisdom. Without dogma or anything too "out there," Dave makes you want to slow down the blur of modern life and find the full flavor, power, and passion that can only be found in the Moment.



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