



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

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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