

Life's *Missing* Instruction Manual



**The Guidebook
You Should Have
Been Given
at Birth**

JOE VITALE



John Wiley & Sons, Inc.

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Praise for *Life's Missing Instruction Manual*

"In a world of confusion and stress, it's a relief and a joy to have this book to read and give to family and friends."

—Jack Canfield, co-creator, #1 *New York Times* best-selling *Chicken Soup for the Soul*® series; author, *The Success Principles*™

"Every man, woman, and child ought to study this book like a scientist. Every high school, college, and graduate school ought to include it in their curriculum. Joe Vitale reveals and reminds us of the wisdom it takes to be happy, healthy, and wealthy.

"I couldn't put this book down."

—Steve Siebold, author, *177 Mental Toughness Secrets of the World Class*

"Brilliant, simple and profound. If we could all absorb and live by just one of these lessons every day, our lives would truly be abundant. As I read, I realized I needed about 50 copies to give to the people I love and care about. This is truly a unique work of art from the spirit of a beautiful man. *Life's Missing Instruction Manual* will make you think, feel, and be more curious than ever about what you can create for your life and for those you love."

—Wendi Friesen, CEO and founder, www.Wendi.com

“Joe Vitale opens the wisdom of the ages to all who will read the pages of this winsome, precious gem of a book. The missing manual may be the only self-help book anyone really needs, if they would simply heed it. What a gift to the world it is!”

**—Marcus L. Gitterle, MD, wellness consultant,
nutraceutical designer**

“This is a fabulous book! I suggest you buy multiple copies so you can give them to your friends. They will appreciate it.”

—Cindy Cashman, million-selling author

“Wow! This book is the simplest, clearest explanation of how to live life to the fullest that I have ever come across, and having cofounded HealthyWealthynWise.com, I’ve seen hundreds! Joe is right, they should pass this book out to everyone just after birth. Snip! The cord gets cut and they hand you your own copy!”

—Ric Thompson, HealthyWealthynWise.com

“This new book by Dr. Joe Vitale is ripe with wisdom that will nourish and enrich the mind and soul of any who choose to feast on its words. It is an essential book for every person to guide them through life.”

—Dr. Rick Barrett, author, *Dare to Break through the Pain*, www.healedbymorning.com

“This is the volume that should have come tucked under the pillow in your bassinet—words of wisdom about life, and yes, about business, too. Once again, Joe Vitale speaks directly to those of us who seek success through spirituality.”

—Jillian Coleman Wheeler, www.GrantMeRich.com

“This book is so good I’m reading it to my sons and they love it, too. It’s a lifetime of wisdom delivered in quick, easy-to-digest lessons everyone really should have at birth.”

—Craig Perrine, www.MaverickMarketer.com

“Joe did it again! He delivers the secrets to living a healthier happier life in easy-to-read nuggets of wisdom and parables. The perfect gift book for you and everyone else who wants a better life.”

—Nerissa Oden, <http://TheVideoQueen.com>

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You Should Have
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JOE VITALE



John Wiley & Sons, Inc.

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Published by John Wiley & Sons, Inc., Hoboken, New Jersey.
Published simultaneously in Canada.

Cover Design: Paul McCarthy
Cover Photograph: © Steve Cole

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Library of Congress Cataloging-in-Publication Data:

Vitale, Joe.

Life's missing instruction manual : the guidebook you should have been
given at birth / Joe Vitale.

p. cm.

ISBN-13: 978-0-471-76849-4 (cloth : alk. paper)

ISBN-10: 0-471-76849-9 (cloth : alk. paper)

1. Life skills—Handbooks, manuals, etc. I. Title.

HQ2037.V58 2006

158—dc22

2005026007



"Honor all life."

BENU

FOREWORD



How rare it is in life to discover a book in which every idea is sound and every word rings true! That is exactly what I was privileged to discover in Joe Vitale's new book, *Life's Missing Instruction Manual*. I predict that you, too, will feel a deep appreciation for Joe's contribution when you take to heart the treasure trove of practical enlightenment in this book. There's something valuable to learn on every page.

One of the vows I made to myself and the universe when I began writing books of my own was that I would never write about any technique or principle that I had not personally found practical and useful in my own life. It is clear from reading *Life's Missing Instruction Manual* that Joe Vitale has taken a similar vow. I believe it's a particularly important one in today's media-rich environment, in which much bull is slung in the name of truth. Thirty-some years ago, when I was working on my doctorate in Counseling Psychology at Stanford, I had grown disenchanted at encountering one expert after another who had no personal experience with the processes he or she advocated. The excuse usually given was that it was important to maintain clinical detachment. The message was always "Do as I say, not as I do." The wisdom that Joe dispenses in this book comes from the opposite end of the spectrum. There is, thankfully, no clinical detachment here; rather, there is the distilled practical wisdom from a life lived on the front lines, helping real people solve real problems.

As I read the bite-sized bits of wisdom in the *Manual*, I found myself thinking over and over, “I’ve said this exact same thing to therapy clients!” In working with more than 20,000 individual clients and nearly 4,000 couples during the past 25 years, my wife and I have learned the useful truth of the nuggets of wisdom Joe reveals. Sometimes we learned them the hard way, by doing the opposite first, and my fondest hope for this book is that it will save readers the painful trouble of having to learn some of these lessons by experience.

One my early heroes, Buckminster Fuller, valued highly making mistakes. He said that one of the main reasons he kept his creativity flourishing throughout his long life was that he made more mistakes than any other person he’d ever met. If you listened closely to Bucky’s understanding of mistakes, though, it was clear that he did not even believe in them. What he called mistakes were really life-lessons he could learn from. It’s our openness to learning that keeps us from repeating life-lessons over and over. Increase your openness to learning, Bucky would say, and you keep making higher and higher quality of mistakes.

It’s clear from reading this manual that Joe Vitale has learned a great deal from life. He articulates his learning with brilliant simplicity, so that each of us who reads his wisdom can immediately put it into play. In addition, this is a fun book to read. As one who gets several hundred books a year sent to him for endorsements (99 percent of which I must say no to), I appreciate the fun factor that Joe weaves into the deep wisdom of the book. All in all, *Life’s Missing Instruction Manual* is a wise, useful, and entertaining contribution, one which I recommend with enthusiasm to anyone who seeks a deeper, richer experience of life.

—Gay Hendricks, Ph.D. Author of *Conscious Living*, *The Corporate Mystic* and

(with Dr. Kathlyn Hendricks) *Conscious Loving*
Co-Founder, The Spiritual Cinema Circle and
The Transformational Book Circle

ACKNOWLEDGMENTS



The idea for this book came from Matt Holt, my editor and now dear friend at John Wiley & Sons, Inc., publishers. I'm honored he came to me with it. My assistant, Suzanne Burns, helped me pull it all together and kept me relatively sane during the writing process. Mark Weisser contributed editorial feedback. My Master Mind group offered support throughout the writing process: Craig Perrine, Cindy Cashman, Pat O'Bryan, Bill Hibbler, Nerissa Oden, and Jillian Coleman-Wheeler. Nerissa, my love, kept the cats and Wolfie fed so I could focus on writing. Many people contributed articles and ideas to the book, and they are acknowledged throughout. Also, thanks to the staff at John Wiley & Sons, Inc. for making this book a work of art, including Shannon Vargo, Kate Lindsay, and Kevin Holm. If I've missed anyone, I apologize. I am very grateful for the team effort and very impressed with the final result. Thank you, everyone.

INTRODUCTION



How to Use This Manual

INTRODUCTION



What you do now creates your future.

—DR. JOE VITALE

Many years ago, maybe 20 years ago, I found an unusual handsewn manual from Florence, Italy. It consisted of mostly blank pages of handmade paper, in a genuine leather book, tan in color. It was the kind of rare antique you could imagine Leonardo da Vinci sketching in. Or Michelangelo. Or maybe where a wise old wizard noted his insights into how the universe worked.

I spent years writing notes in this magical little book. Not diary entries so much as life discoveries. This was my way of keeping track of what I was learning as I explored life. Some of my ideas and discoveries ended up in one of my earlier books, *The Attractor Factor*.

But I didn't reveal all the secrets in my previous book, as I felt they were in many respects too overwhelming for the

average person to grasp, let alone use. I also wasn't sure I could fully explain the advanced concepts. So I kept many of the notes to myself.

I never intended to publish this material. If I had, I would have typed my insights, not handwritten them, and I certainly would have written more legibly. But there you have it. One of the unfolding lessons in life is you never know what lies around the next corner. The thing you do today, thinking it is for no one but you, could become the thing the public buys, reads, and uses to change how they live.

That said, here are the musings of a man in his middle years. (I hope these are my middle years.) I have much more to learn (which suggests a second volume sometime down the road). But maybe the enclosed will save *you* some time and trouble along the way.

Also, since I don't know it all (yes, I'm surprised, too), I have asked others to contribute some of their own life lessons to this manual. You'll find them throughout the book.

Enjoy.

—Dr. Joe Vitale
www.mrfire.com