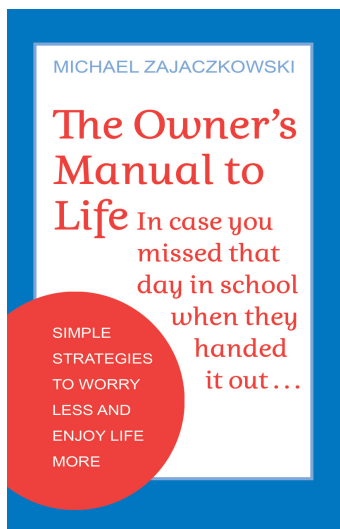


“Michael Z.’s message is rooted in gratitude and curiosity, reminding us that practicing deep acceptance takes attention, reflection, and resilience. He invites readers to reflect through the gracious and tender lens of understanding within their own experience.”

—Sharon Salzberg, author of *Lovingkindness* and *Real Life*



The Owner's Manual To Life

Simple Strategies to Worry Less and Enjoy Life More

By Michael Zajaczkowski

In this instant classic self-help guide, author Michael Z. gives us all the "missing life" manual we need to live happier, less stressful lives.

In *The Owner's Manual to Life: Simple Strategies To Worry Less and Enjoy Life More*, international business coach and author Michael Z. offers 100 time-tested strategies and actionable tips for approaching life's challenges with a sense of ease, peace, and confidence. A digestible and relatable guide, *The Owner's Manual to Life* is like getting advice from a dear old friend who wants to see you live your best life. Each chapter begins with an inspirational quote, and Michael distills practical advice with real-world application, including:

- **“The worst vice is advice.”** Understand the difference between when someone is looking for advice and looking to be understood and how that can strengthen both personal and professional relationships.
- **“Would you rather be right or would you rather be happy?”** When we set aside the need to be right, instead focusing on creating space for others' perspectives, feelings, and opinions, we discover a path to peace, collaboration, and mutual respect.
- **“Remember: success is a journey, not a destination.”** True success is found when we learn how to be present and appreciate the moments of joy that make up the fabric of our lives.
- **“If I’m not the problem, there is no solution.”** We all play an active or passive role in all situations in our lives. While we can't change another person or institution, we can determine our own actions, attitudes, or feelings about them. Understanding our role in challenges and disagreements empowers us to take action, adjust attitudes, and decide what we can change or do differently.
- **“Choose whom you spend time with.”** Peace and maturity come when we allow our relationships to shift and change as we do. Prioritize relationships with people who feed your self-esteem and joy.

Michael's gentle suggestions will help you live more gracefully, more mindfully, and with an increased awareness of and appreciation for the joy that is available to you whenever you slow down to see it.

ABOUT THE AUTHOR

Michael Zajaczkowski earned his master's degree in marriage and family counseling from Antioch University, Los Angeles. After working with both couples and individuals, he resumed his career as a business and sales training coach. He currently runs an international business and inside sales training company and uses his experience from counseling and coaching to help his clients set and achieve financial goals while helping them identify and engage in activities that give their lives meaning alongside their career success. In addition to his books on inside sales techniques and scripting, his first novel, *The Angel, Six Secrets for Making Your Dreams Come True*, is due out in 2024. He and his wife are avid pickleball players, and they live and play in and around Raleigh, North Carolina. To see his other titles, visit: www.MichaelZbooks.com.



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Praise for *The Owner's Manual to Life*

“In *The Owner's Manual to Life*, Michael Zajaczkowski has compiled 100 of the most important life lessons, and in his unique way makes them accessible and exciting for everyone. This book will truly make you worry less and enjoy life more!”

—**Brian Tracy, bestselling author/speaker/consultant**

“Michael Zajaczkowski’s *The Owner's Manual to Life* is a warm, profound, and delightful read. With wit and wisdom, it more than fills the gaps in our education, offering invaluable guidance for those seeking to live their best life.”

—**Julie Matheson, MA, RScP, author of *Lotus Flower Living: A Journaling Practice for Deep Discovery and Lasting Peace—Untangle Your Mind and Heart Once and for All***

“Simple and clear, heartfelt and incisive, *The Owner's Manual to Life*, is the guidebook we all should have read when we were growing up. Michael Zajaczkowski has pulled together some of the best thoughts around navigating the complexities of life. Read it through once and then read it daily.”

—**Jerry Colonna, author of *Reboot: Leadership and the Art of Growing Up* and *Reunion: Leadership and the Longing to Belong***

“Michael Z’s message is rooted in gratitude and curiosity, reminding us that practicing deep acceptance takes attention, reflection, and resilience. He invites readers to reflect through the gracious and tender lens of understanding within their own experience.”

—**Sharon Salzberg, author of *Lovingkindness* and *Real Life***

“Imagine sitting across from your favorite teacher and asking for their advice on how to live your best life. Their answers—as shared through Michael Zajaczkowski’s stories, lessons, and insights—are in this humorous, delightful, and inspiring collection of essays. *The Owner's Manual to Life* is about to become your most dog-eared guidebook.”

—**Kathleen Guthrie Woods, creator of 52Nudges and author of *The Mother of All Dilemmas***

Sample Interview Questions

1. What inspired you to write *The Owner's Manual to Life*?
2. Why do you use 100 quotes, and where did you get the quotes from?
3. How has writing *The Owner's Manual to Life* affected you personally?
4. What are people going to “get” from reading this book?
5. Part of the title of your book is: ‘Simple strategies to worry less.’ Can you share some of those with us?
6. What about the other part of the subtitle: “How to enjoy life more?” Can you share an example of that?
7. I understand you went back to school to get your masters in marriage and family therapy. But you decided to leave that field and moved into business coaching. Why did you make that choice?
8. You write a lot about being of service in your book—about thinking of others before yourself. Can you tell us where that attitude came from and give us some examples?
9. On your website (Michaelzbooks.com), you have a wonderful image of your family’s coat of arms—how did you get that?
10. What is your favorite quote in the book and how do you apply it to your life?
11. Who will benefit from this book the most?
12. What is your most memorable experience being in therapy?
13. You send out quotes every week from your website. How can people sign up to receive those?