

Press Release for the new book
A USER'S MANUAL FOR THE HUMAN EXPERIENCE
by Michael W. Dean
Foreword by Pastor Kenneth V. Blanchard, Sr.

SUBJECTS:

Business & Economics: Time Management Systems.
Self-Help: Codependency.
Self-Help: Substance Abuse & Addictions.
Biography & Autobiography: Personal Memoirs.
Trade paperback, 288 pages, 33 illustrations

PUBLISHER: The Nestlandia Institute Think Tank

ISBN: 978-0970539236

WEBSITE, sample chapters, forum and contact: www.LifeAmp.org

STREET DATE: MAY 5, 2009

TAGLINE: NOT your mother's self-help book!

PAPERBACK ON AMAZON:

<http://www.amazon.com/gp/product/0970539231/www30dollarfi-20>

This stunning new guide applies libertarianism to self-help, and to working smarter at something you love.

A USER'S MANUAL FOR THE HUMAN EXPERIENCE introduces and extrapolates on "The Only Two Rules in Life" (self-defense added to Non-Aggression Principle):

THE ONLY TWO RULES IN LIFE

There are really only two rules in life:

1. Do not initiate, *or accept*, force.
2. Keep your word.

Then shows, step by step, how the author came to be able to make a living working at home (and from a backpack, while traveling the world) doing art on his computer. **AND HOW YOU CAN TOO.**

OVERVIEW:

The book teaches that **self-defense is appropriate and right**, and shows how to practice **PRACTICAL EMOTIONAL SELF-DEFENSE**, using the same standard of integrity when dealing with family, friends, strangers, work, community, the nation, and the world.

It's **RECOVERY WITHOUT MEETINGS** - from codependence, dope addiction, booze addiction, any destructive pattern you'd like to delete from your own internal wiring. It then teaches you how to **MAXIMIZE YOUR WORK ETHIC** with **TIME MANAGEMENT** and **ORGANIZATION BUILDING** after you eliminate the toxic

patterns and SERENITY VAMPIRES. ***A USER'S MANUAL FOR THE HUMAN EXPERIENCE*** is a post-modern guide for today's realist – everyone who knows that meditating on rainbows, angels and puppies won't solve anything.

This is the first-ever book on **LIFE AMPLIFICATION** or "**LifeAmp**." The purpose of LifeAmp is learning to be *comfortable in your own skin*, and *making a living doing what you love*.

AUTHOR:

Michael W. Dean is the author of the books *\$30 Film School*, *\$30 Music School*, *\$30 Writing School*, *Starving in the Company of Beautiful Women*, *The Simple Pleasures of a Complex Girl*, *DIY NOW! Digital Audio* and *YouTube: an Insider's Guide to Climbing the Charts*. Michael directed the films *Hubert Selby Jr: It'll Be Better Tomorrow* and *D.I.Y. or DIE: How to Survive as an Independent Artist*.

WHAT PEOPLE ARE SAYING ABOUT THE BOOK:

"Part intellectual memoir, part self-help book, Michael W. Dean's Practical Emotional Self-Defense (PESD) techniques flow from a wealth of life experiences, both positive and negative. 'The Only Two Rules in Life' have some radical, refreshing implications."

--Jason Sorens, Ph.D. (Assistant Professor, University at Buffalo, SUNY), founder of the Free State Project

"You owe yourself the opportunity to step outside your comfort zone and put yourself in the court with this modern-day Socrates."

--Pastor Kenneth V. Blanchard, Sr., author of *Black Man with a Gun*

"I knew Michael Dean back in the day, when he was a 19-year-old punk rocker with an appetite for self-destruction. I honestly didn't think he'd live to be 30. But guess what? It turns out that Michael isn't just a survivor; he's a survivor who's learned how to enjoy life, liberty, and the pursuit of happiness *after* recovery. For everyone who wants to know how to stay sane, develop a great work ethic, and make a mark on the world, Michael Dean has a great story to tell."

--Professor Michael Bérubé, Ph.D. (Penn State), author of *What's Liberal About the Liberal Arts?* and *Life as We Know It*