



# **The Myth of Tomorrow: Seven Essential Keys for Living the Life You Want Today: Seven Essential Keys for Living the Life You Want Today**

*Gary Buffone*

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**A dynamic exploration of what really matters in life, with the keys to unlock the passion for living within each of us**

Psychologist Gary Buffone has listened to hundreds of dying and seriously ill people speak of their deepest regrets and their greatest joys, and he has witnessed the heightened passion for living that comes with the knowledge of one's own mortality. His experience has brought him face-to-face with perhaps the most pernicious obstacle to leading a fulfilling life: postponement. In *The Myth of Tomorrow*, Dr. Buffone takes a provocative look at postponement and how it can sap life of its savor and meaning. With the help of inspiring and instructive case studies and anecdotes, he reveals his Seven Keys for Life Renewal. In each lesson, he skillfully provides the keys to unlocking the passion for life within each of us. Dr. Buffone shares all the dynamic tools, exercises, and visualizations he developed to help his patients break free from the holding patterns into which so many of their lives had slipped, giving them the opportunity to reinvent their lives.

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