



*Oby's Wisdom!*  
*A Caveman's Simple Guide to Holistic Health and Wellness*  
Action Guide

Chapter One  
Life: A Simple Concept

*"Life itself is the miracle of miracles."*  
George Bernard Shaw

1. Turn to page 14 and read the two definitions of "life," Merriam-Webster's and mine. In what way is my definition different from Merriam-Webster's?

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Which definition would you say is more expansive?

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2. On page 15, what name do I say that I often use for "Life Force?"

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3. What four other names for "Life Force" do I list, and where do they come from?

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4. Turn to page 17. Read the story about the time I was attacked by a monkey in India. Who was the doctor who took care of my wounds?

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Why did his approach work? \_\_\_\_\_

Would a similar approach work for you? \_\_\_\_\_

5. Turn to page 20 and read the section entitled, "You Are Completely Alive." Focus on the story about the two pinecones and the new thought process that the story offers. Write down an example of how you can apply this new thought process to a challenge in your own life.

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