



A Beginner's Guide to the Universe: Uncommon Ideas for Living an Unusually Happy Life

Mike Dooley

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Mike Dooley, the beloved creator of Notes from the Universe, distills a career's worth of inspiration into elegant, brief lessons for making our way through the world--conceived as a guidebook for his young daughter to read when she grows up, yet relevant to everyone who's living a life on earth.

Mike returns with his most impactful book yet: a volume of almost 500 insights drawn from his 20+ years as a New Thought leader, organized between endearing letters that recall poignant moments of fatherhood.

Through books, courses, and live events, Mike has engaged students with his trademark humor, wisdom, and sheer joy in living. He speaks of understanding our innate spirituality and personal responsibility as the means to unlocking our power over the illusions of time and space. *A Beginner's Guide to the Universe* is filled with gem-like bits of wisdom imparting his most essential, heartfelt advice about living deliberately and creating consciously--comparable to such treasures as *Life's Little Instruction Book*, *The Prophet*, and *The Things You Can See Only When You Slow Down*.

Cleverly guiding the reader through a range of topics--including family and relationships, power and responsibility, adversity and rebounding, even the nature of heaven, angels, and God--Mike succeeds in making a happy life in this universe seem easily within our reach. The short passages of text placed artfully on each page, in a book that's a pleasure to hold in the hand, make this an ideal gift for a parent, a parent-to-be, a child, a new grad, a dear friend, or anyone who needs a dose of Dooley, whether they know it or not.

A Beginner's Guide to the Universe: Uncommon Ideas for Living an Unusually Happy Life Details

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Peggy McAloon says

How do you guide a daughter or son's footsteps in a life filled with challenges and obstacles? None of us knows how many years, months, days, or hours we have left. Mike Dooley answers many of those questions in a beginner's guide to the universe.

Mike Dooley has written a beautiful book for his cherished daughter. It is a comfort to those at the end of their life. It provides hope for those lost in the challenges of life. And, it balances both the good and the bad that may befall a child who is feeling their way in a somewhat turbulent world. What messages do we want to send to the children we will one day leave behind?

a beginner's guide to the universe is a book you can easily read in one sitting. If you do, you're missing the whole point. The book is a guide to embracing the joys of life, traveling the bumpy highway, and believing the best of yourself and others. Dooley's words need to be absorbed slowly. His ideas may not all resonate with you. However, I assure you, they will confirm what you already know while opening your heart to those things you have not yet learned.

Each of us will react differently to his words because each of us has a vastly different past. Open your heart to the lessons he shares in this guide to life. It doesn't matter whether or not you're at the beginning of your adventure or nearing the end. I guarantee it will release memories of hurt and restore your faith in your abilities and of those who surround you.

Julianna Dawson says

I enjoyed being reminded by this book

I enjoyed reading some of my own thoughts written by another, gently reminding me that we are one. I enjoyed learning more than I knew before and wondering how he or it knew some things I still can't get my head around yet, but remain open to learning more. I bought a hard copy for my 6 year old daughter and wrote her a note to share it with her friends and family. Everyone should read this because everyone could benefit from being reminded of who they really are. Imagine how much better people would treat each other if we each believed and acted on this? In my life it's produced jaw-dropping miracles.

Tanya Piazza says

As always, Mike delivers. It was t what I was expecting. I thought it would be a story but it was a collection of Notes from the Universe split into sections with lovely written introductions. It is written for his daughter in mind and the love and adoration he feels for her is what you wish for every child. This book is exactly what it says it is, a beginners guide and we're beginners everyday with a new adventure in front of us. This is

a perfect book to keep by your bedside or at your desk. When you feel challenged, open it up and see what the Universe has to offer or advise. I loved it and will continue to refer to it whenever I need a reminder of how awesome this world is or that this too shall pass. Thanks Mike. We need more of you

Meghan Hughes says

i read this book throughout the past week or so & really enjoyed it. i was sent this from mike dooley's team & am so grateful they asked me to read it. i would recommend this book to anyone! young or old! it is written from mike's point of view/experience with his daughter & what he would like her to know in this life. it was so cute & also filled with immense detail & great life lessons. my personal favorite chapter was on relationships of all kinds. i highlighted many great quotes in this book, but one of my favorites from that chapter was "know everyone by their good traits." i love that! i loved this book! i'd suggest to read it if u believe we are inherently divine just by being born. if u do not, this book might make u roll ur eyes. either way! maybe u need to read this to be reminded of life's immense beauty, synchronicity, & purpose.

Joel Salomon says

Mike Dooley has done it again. This time with an easy to read (and gift) compendium of almost 500 of his favorite Notes from the Universe and poignant letters to his 5 year old daughter. It seems like all the major lessons of his other 15 books have been rolled into the Beginners Guide. I highly recommend you grab a copy and start it today. It's one of those books you can turn to any page any day and get an "AHA" or "Woo-Ho!" Get started today!
