

Better Living

If only life came with an instruction manual, we'd all be better off. In lieu of that, Teaneck author David Singer offers his **SIX SIMPLE RULES FOR A BETTER LIFE**, a series of suggestions for, well, improving your life. Unlike self-help tomes that flog you to make massive changes, Singer's book starts with achievable goals – “Be happy,” for example – and adds tons of ways to meet those goals. And Singer reminds readers that life is long; living a better life is a marathon, not a sprint. *Six Simple Rules* (\$15) is available online and in bookstores.



Bo

BO
locatio
its sig
chicke
origin
season
370 W