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One Less. One More. Follow Your Heart. Be Happy. Change Slowly.



Synopsis

One Less. One More. is a modern-day handbook for following your heart, an ageless formula that when applied slowly, steadily and continuously, results in unimaginable happiness and success. Robbie Vorhaus should know. Drawing on his decades of advising the powerful, rich and famous, Robbie, one of the more sought-after and respected crisis and communications experts in the world, discovered a fascinating common thread, a remarkable connection, an extraordinary link among his truly happy and successful clients, family, and friends. They all, at one point, courageously and consciously chose to change their lives and follow their hearts. And now you can, too. Using real life examples from world leaders, rock stars, sports legends, and other notables, Robbie walks readers through his premise that our singular purpose in life is to be happy, and by having the courage to follow our heart and change slowly, we can fulfill our greatest goals, dreams and desires. Recognizing that we are all unforgettable heroes sharing common doubts on a collective journey, Robbie addresses questions like, What is my purpose? What if I fail? or What if I can't hear my heart's calling? In his new book One Less. One More. Follow Your Heart. Be Happy. Change Slowly., Robbie shares his incredibly compelling personal story of transforming from a homeless, drug addicted teenager, to a major media photojournalist, founder of an award-winning communications agency, leadership and crisis strategist, and to eventually writing a short, endearing column for his local newspaper, The Sag Harbor Express, that soon became the impetus for the OLOM movement. One Less. One More. is a traveler's guide of sorts, a step-by-step, proven strategy for discovering your true life's purpose, doing what you love, and successfully moving forward for the abundant fulfillment of your heart's dreams and desires. One Less. One More.

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Customer Reviews

One Less, One More is a wonderful plan for making a happy life! Breaking it down to One Less, One More makes it so simple and easy to do. I LOVE this idea! Its funny how uncomplicated life is under all the layers of craziness if we can just get back to the basics. More joy, more laughter, more gratitude and love. OLOM is a great recipe to get back to the essentials of what makes you happy! One Less. One More. offers a blueprint for La Vie en Rose! A happy life in balance! ---Christie Brinkley

There is no secret to my business: hire the best people, find the best ingredients, and honor your customers. The message Robbie Vorhaus shares in One Less. One More. is clear and simple, yet life-changing, whether you work behind a desk, on an assembly line, outside in nature, or inside a hot kitchen. Eliminate something from your life every day that s not working and embrace more passion and joy in your life. ---Wolfgang Puck

What could be simpler or more profound than removing just one less thing a day from your life that s not working, while at the same time, embracing, cultivating and nurturing just one more brilliant idea or passion a day that is? Robbie Vorhaus' One Less. One More. is a must read for anyone with an idea worth pursuing, a business to build, or the vision for creating the next big thing. Read One Less. One More. and help change the world. - --John Sculley

Everything changes when you choose to follow your heart, do what you love, and pursue your deepest dreams and desires. Â The first step to happiness and personal mastery is to start now. Not tomorrow; today. Â Next, on a daily basis, choose one less negative, resistant or bad feeling, thought or action, and consciously let it go. Call this, One Less. Â Also on a daily basis, listen for your heart's calling and choose one more positive or good feeling, thought or action, and embrace it. Call this, One More. Â One Less. One More.Â® is a traveler's guide of sorts, a step-by-step, proven strategy for discovering your true life's purpose and successfully moving forward for the fulfillment of your heart's dreams and desires, while at the same time, making every moment better than the one before. Â One Less. One More. is an ageless formula that, when applied slowly, steadily and continuously, results in unimaginable happiness and success. Â Drawing on his decades of advising the rich, famous and powerful, Robbie Vorhaus, one of the more sought-after and respected crisis and communications experts in the world, discovered a fascinating common thread, a remarkable connection, an extraordinary link among his truly happy and successful clients, family, and friends. They all, at one point in their lives, courageously and consciously chose to change their

lives and follow their hearts. And now you can, too. Â One Less. One More.

Ok, so yes, this is my cousin robbie vorhause. Our fathers (both passed away) were brothers. But this is not blind familial loyalty here, honestly. I have read a TON of "self-help" books - "Bad Things Happen to Good People", "The Power of Now", etc. etc. This is not only an inspiring book, that makes you tear up and get goose bumps, but it also is a working paradigm for improving your life (and for improving LIFE for the WORLD). Robbie gives you a workable plan at the end of each chapter for improving LIFE. Each chapter teaches you one more step toward ONE LESS negative and ONE MORE positive in your life, in your thoughts, and all around you. Seriously, I am not usually a preachy one. This book is the truth and I expect will help most people. Robbie reminds us to live not in the shadow of our doubts and our (we all have them!) limits. Robbie urges you, and breaks it down for you, to spend a bit of time each day doing ONE LESS negative thing or thinking ONE LESS negative thought, while also doing ONE MORE good thing or thinking ONE MORE positive thought. Do it. It feels good. For you and for everyone around you. Robbie often repeats that practice makes perfect (though that is my word - not his) and he urges us to practice every day ONE LESS. ONE MORE. As Robbie quotes in the book, "We are Buddhists, not Buddha. That's why we need practice". Listen to Robbie when he says at the end of the book: "Every day, let go of at least one thought or experience that doesn't feel good and not aligned with your heart's calling. And, in the same day, choose more ways to follow your heart, be happy, do what you love, and enthusiastically and passionately change your life. "While I love Robbie's original prose, I can't help but share some of the amazingly wonderful quotes (I think they count as TWO MORE, not just ONE MORE). Each quote feels directly aimed at me: "Years wrinkle the skin, but to give up enthusiasm wrinkles your soul". - Gen. Douglas MacArthur "When the student is ready, the teacher will appear" - Buddhist proverb and my single favorite quote of the book (of course look at who he is quoting - excuse the play to my ego!): "The only difference between a winner and a loser is that the winner gets up one more time" - William G. Vorhaus, Sr. (our grandfather). ONE LESS. ONE MORE.

One Less, One More is the book I've been waiting for! Robbie shows how to take MY humanness and use it to achieve what I believe everyone in the world longs for. Happiness. Simple and beautiful, but more importantly, realistically applicable to my life. No "have to" or impossible "must do" things to adhere to, just easy suggestions from a wonderful teacher whose life experience shines through and grabs your heart and shows you TRULY how to follow it. As I read, I find myself thinking "I can do that!". A book that addresses common, yet paralyzing, fears and doubts and helps

to turn those around to my advantage. My new favorite "go-to handbook" for happiness.

One Less. One More!! What a wonderfully refreshing approach to dealing with everyday life problems from simple obstacles to seemingly overwhelming dilemmas. This no-nonsense approach serves as an excellent outline to a better, more fulfilling experience by implementing daily changes that result in a positive, energetic attitude. This book re-writes the manual of how to change from "should do, could do" to "can do, will do" and leaves you excited to tackle every new challenge!

Joan E.

Ok

WOW! You've GOT to read this book! I highly recommend one less. one more. (OLOM) to anyone who is interested in a simple, intentional, proven plan for happiness! Easy to read and filled with wonderful stories and fascinating real-life examples, the author describes a philosophy that will change your life! After reading this book, I am noticing the OLOM philosophy in everything! This is one I will definitely read over and over again!

One Less. One More simplifies, brings awareness to and supports change without being overwhelming. Since reading this book I find myself thinking about it and applying it to my life every day. I'm already feeling a slow and yet gradual transformation in my thinking. I will go back and read this book again and again whenever I need a reminder. It's definitely a book I will keep by my bed. I LOVED it and highly recommend it.

Excellent read!!!! This is one book amongst so many, I can actually relate to. It is a real eye-opener!! live one town over From Mr. Vorhaus and grew up here. (Even had the pleasure of working with his puppy some years back at our local (best vet ever!) Veterinarian. ** This should be the very NEXT book you pick up to read and it makes a great gift!!

Extremely well written and thoughtful. This should be mandatory reading for freshmen in college, new parents, anyone changing career paths and even people about to retire. Really makes you think about who you are and what you want without all the trite stuff you find in most self help books.

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