

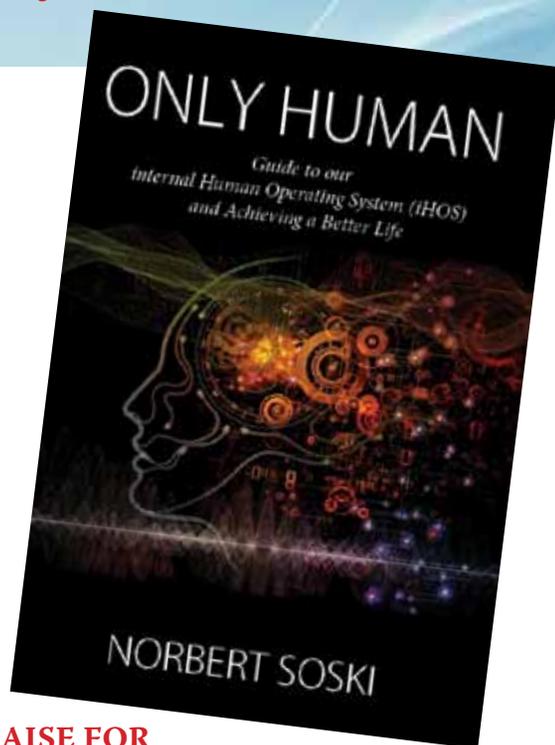
ONLY HUMAN: Guide to our internal Human Operating System (iHOS) and Achieving a Better Life

by Norbert Soski

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PRAISE FOR *Only Human*

“A wide-ranging spiritual interpretation of human nature...An involving and enthusiastic call to listen to the better angels of our nature.”

Kirkus Reviews

Taking a new approach from the wealth of spiritual enlightenment books out today, *Only Human* looks at human nature from an engineering perspective. Norbert Soski deconstructs the very nature of how we think so we can find the path to a better, more fulfilling life. Explaining our human nature in comparison to that of a computer, the book integrates human spirituality with the world of science and engineering, identifying practical solutions we can explore and apply in our daily lives.

Only Human teaches us how we can change and grow by understanding our internal Human Operating System (iHOS). We can learn how to let go of the blocks in our lives that are holding us back. The book offers a reading experience presented in four major sections. Each section helps the reader learn about the different aspects of our iHOS, with a series of subsections following each; exploring different aspects of our human nature from our base instincts and needs, to how we respond to emotion.

Throughout the book, the author has laid out chapters that educate and requires you, the reader, to do the work necessary to gain a better understanding of yourself. The book guides you on how to assess qualities about yourself so that you can have a great relationship with your spouse, children, and everyone in your world.

Soski has written the book from a teaching perspective, with the insight of a man who learned from his struggles and need for growth. His resulting journey through that metamorphosis was incorporated into the lessons contained in *Only Human*. Chapters are composed with small breaks in the form of exercises. The reader is encouraged to put the book down and do the work to reap the full experience.

“Human nature is real,” says Soski, “and we all experience it equally. For us to be successful in life, we need first to understand it, then pay attention to it, and ultimately, interact with it correctly. Once we clear up the complexities, assimilating the detailed information in this book should take our thinking and behavior to a different level.”

Only Human teaches the reader to defragment their life to escape the make-believe world and start living in reality.

Author Bio



Seven years ago, Norbert Soski had a lunchtime conversation with a good friend about how to contain all the aspects of life in a 4-inch attaché case. Lots of people talk about change and the need to do it. But how can you affect change? What must you know about who you are to make change happen? What was needed was an operational manual for our life. This whole idea developed into *Only Human* and the iHOS. Moreover, it was his career as an engineer and being a student of spirituality and personal growth for over 30 years that shaped this new approach to improving the lives of others.

Soski graduated with a BSEE from University of Southern California, Los Angeles. Formerly the Engineering Manager at Renau Electronic Laboratories, while at Rocketdyne Norbert was the Product Team Leader for the RS-68 (Delta IV) and J-2X Engine Control Units. For Boeing, he was the Electronic Design subject matter expert for Unit Systems Engineering. Norbert worked at the following commercial, industrial, and aerospace companies during his career: Renau Electronic Laboratories, Moog Space and Defense, Aerojet Rocketdyne (former Rockwell, Boeing, and UTC), Teledyne Systems Company, Delco Systems Operations, and Mattel Toys, Electronics Division.

Soski now travels the country speaking on his concept of the internal Human Operating System.

FACTS ABOUT: ONLY HUMAN

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