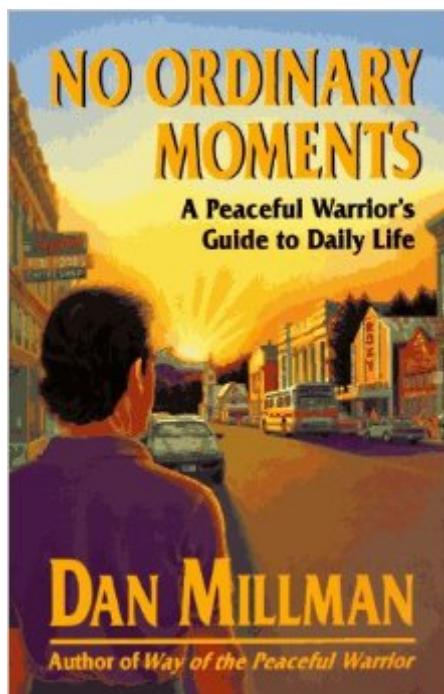


The book was found

No Ordinary Moments: A Peaceful Warrior's Guide To Daily Life (Millman, Dan)



Synopsis

Every day, we face challenges in relationships, sexuality, money, work, and health. While there is a wealth of information and advice available on all of these subjects, we still have trouble turning knowing into doing. Here, Dan Millman presents a peaceful warrior's way to turn our intentions into action, our challenges into strength, and our life experiences into wisdom. Based on the premise that by changing ourselves we can change the world, *No Ordinary Moments* presents simple yet powerful ways to balance our body, liberate our mind, accept our emotions, and open our heart.

Book Information

Series: Millman, Dan

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Customer Reviews

I first got introduced to Dan Millman when a friend gave me "Way Of The Peaceful Warrior" as a birthday gift. I loved the book and the teachings contained within it. In fact I recently re-read it after seeing the movie "Peaceful Warrior" and thought it was as great as the first time. From a practical standpoint though, it can be difficult to use that book as a guidebook for one's life and incorporate the teachings since you have to extract them from the narrative. This isn't a fault of the book, it's just not written as a guidebook. In fact, much of the appeal of "Peaceful Warrior" is the way the narrative "draws you in". This book "No Ordinary Moments" fulfills the role of a spiritual yet practical guidebook. It is a compendium of wisdom that is organized in a way that is very easy to use on a day to day basis. I'm am reading it from cover to cover but certainly one doesn't have to use it that way. I've been dealing with quite a bit of stress in my life recently and this book (as well as Dan's more recent guidebook "Everyday Enlightenment" which I'm reading for the second time) is

tremendously helpful in helping me keep perspective and get centered. I keep the two books in different parts of my house so I have easy access to each of them depending on where I happen to be. :) What I appreciate about Dan Millman is that he is an ordinary man (has a wife, kids, bills etc.) and therefore has a lot of "real world" credibility for a person like myself. Like him I'm a husband and father with the pressures and stresses of trying to take care of many responsibilities while also trying to stay grounded and more peaceful while growing spiritually.

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