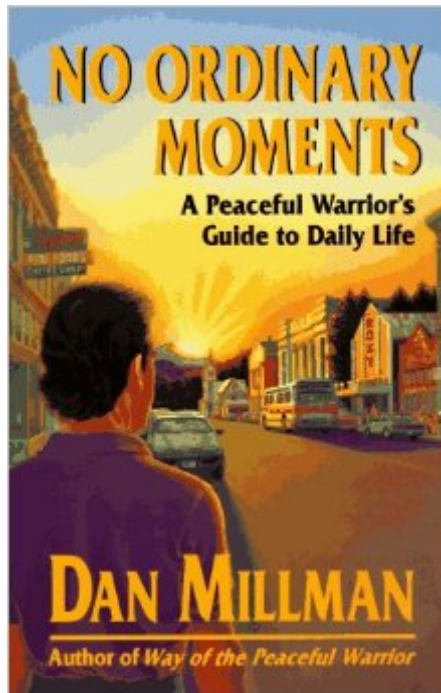


The book was found

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

Paperback: 324 pages

Publisher: HJ Kramer; First Printing edition (December 28, 1992)

Language: English

ISBN-10: 0915811405

ISBN-13: 978-0915811403

Product Dimensions: 1 x 5.5 x 8.5 inches

Shipping Weight: 2.4 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars Â Â See all reviews Â (69 customer reviews)

Best Sellers Rank: #120,436 in Books (See Top 100 in Books) #57 in Â Books > Health, Fitness & Dieting > Psychology & Counseling > Experimental Psychology #4574 in Â Books > Religion & Spirituality > New Age & Spirituality #12466 in Â Books > Self-Help

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.

[Download to continue reading...](#)

No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life (Millman, Dan) The Peaceful Daughter's Guide to Separating from A Difficult Mother: Freeing Yourself From The Guilt, Anger, Resentment and Bitterness of Being Raised ... (The Peaceful Daughter's Guides Book 1) Dan Frontier and the New House (Dan Frontier Series) Gandhi, Peaceful Warrior (Easy Biographies) Marriage Matters: Extraordinary Change Through Ordinary Moments Daily Life in the Inca Empire (The Daily Life Through History Series) Daily Life in the Medieval Islamic World (Daily Life Through History) Slowing Down to the Speed of Life: How To Create a Peaceful, Simpler Life F Slowing Down to the Speed of Life: How to Create a More Peaceful, Simpler Life from the Inside Out MINDFULNESS: The Bullshit Free Guide To Living a Ridiculously Happy Life - How To Be Present, Peaceful & Content (Transcendental Meditation, Yoga Poses, ... Stress Reduction, How to be Happy) Buddhism: A Beginners Guide Book For True Self Discovery and Living a Balanced and Peaceful Life: Learn To Live In The Now and Find Peace From Within - ... - Buddha / Buddhist Books By Sam Siv 1) Meditation: Complete Guide To Relieving Stress and Living A Peaceful Life (meditation, meditation techniques, stress relief, anger management, overcoming fear, stop worrying, how to meditate) Moments Together for Couples: 365 Daily Devotions for Drawing Near to God & One Another Peaceful Parent, Happy Siblings: How to Stop the Fighting and Raise Friends for Life Siblings Without Rivalry: How to raise your children together for a peaceful, happy and loving life The Realest Guy in the Room: The Life and Times of Dan Severn Dream Warrior: (Dark Warrior Alliance Book 1) Star Warrior's Wife: A SciFi Alien Romance (Star Warrior Book 4) Star Warrior's Bride: A SciFi Alien Romance (Star Warrior Book 3) Star Warrior's Mate: A Scifi Alien Romance (Star Warrior Book 2)

[Dmca](#)