



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

By Dan Millman

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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.

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Bibliography**

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### Editorial Review

#### Review

Based on the principle that to change our world we first have to change ourselves, *No Ordinary Moments: a Peaceful Warrior's Guide to Daily Life*, outlines principles and practices to uplift our spirits, inspire real change, and make all our journeys easier. We all share the same journey up the mountain path of life, confronting issues of relationship, sexuality, health, money, and work. A clear mind is our map: a healthy body is our vehicle: open emotions provide the fuel. The way of the peaceful warrior is an awakened approach to life filled with purpose, meaning, and spirit, in which hurdles become a source of strength, and daily life becomes a vehicle for personal evolution. -- *Wisconsin Bookwatch*, May 1993

Dan Millman takes the perennial wisdom on maintaining inner peace and equanimity and puts it into straightforward, everyday language and useful exercises a most valuable book. -- *Peter Russell, author of The Global Brain*

For many years, I have been a devoted reader of Dan Millman's Peaceful Warrior books. I have enjoyed traveling with him as he searched for his own inner truth. It was an enthralling journey but a vicarious one.

I wanted more. I wanted to know how I could implement the ways of the peaceful warrior in my own life, and Millman's new endeavor, *No Ordinary Moments: a Peaceful Warrior's Guide to Daily Life* answers all my secret question and achieves even more. Millman speaks eloquently about his reasons for the title. I've learned that the quality of each moment depends not on what we get from it, but what we bring to it. I treat no moment as ordinary no matter how mundane or routine it appears.

*No Ordinary Moments* is a carefully designed travelogue that puts you in the drivers seat. In plain, readable, life-affirming language, Millman offers a step-by-step guide to the peaceful warriors approach to living. It is a simple premise: by balancing your body, liberating your mind and accepting your emotions, you can acquire the tools you need to transform your life. As we apply these tools we open our selves to higher levels of energy and awareness and a closer contact with our higher self, Millman writes.

Throughout the book, Millman effectively intertwines quotes and exercises that inspire you to change intention into action, challenges into strengths, and life experiences into wisdom. In the final analysis, Millman has designed a map that is easy to follow. The road to wholeness is a mere 296 pages and well worth traveling, again and again. -- *Whole Life Times*, August 1992

The author, also the author of books that have inspired millions, shares an awakened approach to life filled with purpose, meaning, and spirit, in which hurdles become a source of strength, and daily life becomes a vehicle for personal evolution. We all share the same journey up the mountain path of life, confronting issues of relationship, sexuality, health, money, and work. A clear mind is our map; a healthy body is our vehicle; open emotions provide the fuel. This book outlines principles and practices to uplift our spirits, inspires real change, and makes all our journeys easier. -- *Publishers Marketing Association*, 1992

#### From the Publisher

To our readers: The books we publish are our contribution to an emerging world based on cooperation rather than on competition, on affirmation of the human spirit rather than on self-doubt, and on the certainty that all humanity is connected. Our goal is to touch as many lives as possible with a message of hope for a better

world. - Hal and Linda Kramer, Publishers

#### From the Author

Numerous readers of my first two books -- *Way of the Peaceful Warrior* and *Sacred Journey of the Peaceful Warrior* --reported that they felt inspired, and had experienced an expanded perspective about life. But some also asked, "Can you tell me how to apply some of these ideas in my daily life?" A very good question, which led to my downloading (i.e. writing) pretty much all the insights I had at that point in my life, into a thick but disorganized manuscript. It included humorous stories, anecdotes, and illustrations. And it had no title.

About three rewrites later, all the material began to take shape, and *No Ordinary Moments* was born -- a peaceful warrior's guide to daily life. It contains elements not covered in any of my other books, such as a section on "universal addictions," and ends with a special "Peaceful Warrior Week" using elements readers learn within the book, as a template for a healthier, more aware, loving, open, and awakened life.

## Users Review

### From reader reviews:

#### Martha Silva:

Here thing why this kind of *No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life* (Millman, Dan) are different and reliable to be yours. First of all studying a book is good however it depends in the content of computer which is the content is as delightful as food or not. *No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life* (Millman, Dan) giving you information deeper and different ways, you can find any e-book out there but there is no publication that similar with *No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life* (Millman, Dan). It gives you thrill examining journey, its open up your own eyes about the thing that will happened in the world which is might be can be happened around you. It is easy to bring everywhere like in recreation area, café, or even in your approach home by train. Should you be having difficulties in bringing the printed book maybe the form of *No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life* (Millman, Dan) in e-book can be your substitute.

#### Rick Maldonado:

People live in this new time of lifestyle always try to and must have the extra time or they will get great deal of stress from both everyday life and work. So , once we ask do people have spare time, we will say absolutely yes. People is human not just a robot. Then we inquire again, what kind of activity have you got when the spare time coming to you of course your answer can unlimited right. Then ever try this one, reading books. It can be your alternative throughout spending your spare time, often the book you have read is *No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life* (Millman, Dan).

#### George Hoffman:

This *No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life* (Millman, Dan) is completely new way for you who has attention to look for some information given it relief your hunger associated with. Getting deeper you onto it getting knowledge more you know otherwise you who still having tiny amount of digest in reading this *No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life* (Millman, Dan) can

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**Irene Robertson:**

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