



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

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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