

## The Way Of The Peaceful Warrior A Book That Changes Lives

Written as an engaging story, this book shows how mistaken views can cause people to misread situations and exacerbate the issues they wish to improve. "The Anatomy of Peace" illustrates how to make inner peace a potent tool for achieving outer satisfaction.

The book *Way of the Peaceful Warrior*, shared among friends and families, became a multimillion-copy worldwide bestseller, inspiring men and women of all ages. Now author Dan Millman and illustrator Andrew Winegarner meld the peaceful warrior story into the style and dynamism of the graphic novel. This fresh take on Millman's saga of growth and enlightenment includes new scenes and elements not found in either the book or the *Peaceful Warrior* movie. Here is a story of growing up and waking up ? about a young athlete who finds himself on a path less traveled. Haunted by dark dreams and a vague sense that something is missing from his life, Dan wanders into an all-night gas station. There he meets an old man named Socrates, and his world begins to change. Guided by this mysterious old warrior, and drawn to an elusive young woman named Joy, Dan begins an odyssey into realms of light and shadow ? a journey that leads him toward a final confrontation that may deliver or destroy him.

This book explores how to use mindfulness skills to create a genuinely happy life. It

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offers an in-depth explanation of the roots of anxiety and depression, self-loathing and unhappiness, and offers solutions so that one can find their way back to peace. For many of us, life seems like a puzzle with missing pieces. We form plans and change them; we choose one path then another, trying to find the right mate and career, hoping that we've made the right decision and that it will all work out. At some point, we ask ourselves the central question: What is the purpose of my life? Few writers approach the topic of life purpose with the clarity of Dan Millman, whose prior book *The Life You Were Born to Live* has reached more than a million readers worldwide. In *The Four Purposes of Life*, Millman distills decades of exploration and experience into a concise map of what we're here to accomplish on our life's journey. This book is for anyone seeking deeper insight into themselves and their lives, but especially for those at a crossroads, facing a challenge or change, when past approaches no longer work.

"This story is mine, but the way belongs to us all." — Dan Millman Dan Millman's books and teachings have been a guiding light to millions of people. Now comes the true story of his search for the good life, a quest for meaning in the modern world. In vivid detail, he describes his evolution from childhood dreamer to world-class athlete, including the events that led him to write the spiritual classic *Way of the Peaceful Warrior*. Over the course of two decades Dan was guided by four radically different mentors: the Professor, a scientist-mystic; the Guru, a charismatic spiritual master; the Warrior-

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Priest, a rescuer of lost souls; and the Sage, a servant of reality. Each of them generated mind-expanding experiences that prepared Dan for his calling as a down-to-earth spiritual teacher. At times funny, at times poignant, this memoir will delight Dan's longtime fans and inspire new generations of readers who wish to live with a peaceful heart and a warrior's spirit.

"War and peace begin in the hearts of individuals," declares Pema Chodron in her inspiring and accessible new book, which draws on Buddhist teachings to explore the origins of aggression and war.

From the Children's Laureate of England, a stunning novel of the First World War, a boy who is on its front lines, and a childhood remembered. Includes After Words bonus features. As the enemy lurks in the darkness, Thomas struggles to stay awake through the night. He has lived through the terror of gas attacks and watched friends die by his side. But in the morning, Thomas will be forced to confront an even greater horror. As the minutes tick by, Thomas remembers his childhood spent deep in the countryside with his mother, his brothers, and Molly, the love of his life. But each minute that passes brings Thomas closer to something he can't bear to think about--the moment when the war and its horrific consequences will change his life forever.

Although the practice of meditation has only caught on in mainstream Western culture within the past several decades, it has been part of many religious traditions, particularly those originating in the Far East, for thousands of years. James Allen, an

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early Western champion of meditative prayer, provides a comprehensive introduction to meditation that is suitable for newcomers to the practice.

This book maps changing definitions of statehood in Russia, Ukraine and Belarus as a result of their exclusion from an expanding Europe. The authors examine the perceptions of the place of each state in the international political system and its foreign policy choices, and draw comparisons across the region.

A modern fable with an urgent message for young environmentalists. Lynne Cherry journeyed deep into the rain forests of Brazil to write and illustrate this gorgeous picture book about a man who exhausts himself trying to chop down a giant kapok tree. While he sleeps, the forest's residents, including a child from the Yanomamo tribe, whisper in his ear about the importance of trees and how "all living things depend on one another" . . . and it works. Cherry's lovingly rendered colored pencil and watercolor drawings of all the "wondrous and rare animals" evoke the lush rain forests. Features stunning world maps bordered by detailed illustrations of fascinating rainforest creatures. An IRA Teacher's Choice (1991), ABA's Pick of the Lists, Reading Rainbow Review Book, NSTA-CBC Outstanding Trade Book for Children. Describes the thirty-seven spiritual paths of twentieth-century life while offering insight into learning which is most compatible. By the author of *The Way of the Peaceful Warrior*. Reprint. 75,000 first printing. \$50,000 ad/promo. IP.

Sometimes life seems like it's all about hurrying—so many places to go! And sometimes it's hard when things don't go your way—it can make a piggy angry and sad. So how do young piggies find a peaceful place in a frustrating world? They meditate! They find a quiet spot, a special place with a few simple things, and just breathe. They do this every day, feeling their

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breath going in and out. They slow down and calm down. Now it's easier to deal with whatever comes their way, and they have time to notice all the magical things in life, too!

After the publication of Dan Millman's first two books, which have since become classics in the realm of spiritual literature, many readers responded with thanks and questions, saying: "I was inspired by your first two stories — but how do you apply all these lessons in daily life?"

Millman's answer came in the form of his third book, aptly titled, *No Ordinary Moments*.

Containing perspectives, principles and specific practices that formed the core of "the peaceful warrior's way" — too much information to convey in a narrative story format as he had done in his first books — so he wrote his first comprehensive "guide to daily life." Structured in five parts — *The Peaceful Warrior's Way* – *Up the Mountain Path* – *Tools for Transformation* – *The Battle Within* – and *The Expanded Life* — and containing chapters with titles like *Heart of the Warrior's Way... In the Arena of Daily Life ... When the Going Gets Tough ... Getting Real ... Universal Addictions ... The Will to Change* and many more, the book has guided hundreds of thousands of people. As Millman puts it: Our lives are like a journey up a mountain path. As we climb, we face challenges in relationships and sexuality, money, work and health. We can find abundant information and advice on these subjects. So many of us know what to do, but it remains for us to turn knowing into doing." Dan Millman presents a peaceful warrior's approach to turning intentions into action, challenges into strength, and life experience into wisdom. Based on the premise that by changing ourselves we can change our world, *No Ordinary Moments* offers simple, practical ways to balance the body, liberate the mind, accept our emotions and open our hearts.

*The Way Begins . . .* Sergei was three when the soldiers took him. At fifteen he fled into the

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wilderness, with nothing to cling to but the memories of a grandfather who called him Socrates and the promise of a gift buried near St. Petersburg. Thus begins The Journeys of Socrates -- an odyssey that forged the character of Sergei Ivanov, whose story would one day change the lives of millions of readers worldwide. This saga of courage and faith, of love and loss, reveals the arts of war and the path to peace. Ultimately, it speaks to the quest we all share for a meaningful life in a challenging world.

Perhaps the most important section in Dan Millman's best-selling book, *The Life You Were Born to Live* was titled *Laws that Change Lives*. These laws, as described, were key to overcoming the specific hurdles on a given individual's life path. Different laws played critical roles for different paths. But the author considers these laws so central to all our lives that they needed a book of their own, and a more universal treatment, since anyone could benefit from applying any of these laws. As he writes: "Within the mystery of our existence, the universe operates according to spiritual laws as real as the law of gravity and as constant as the turning of the heavens. Aligning our lives to these laws can transform our relationships, careers, finances, and health. Simply put, they make life work better." *The Laws of Spirit*, Dan Millman's "little book of big wisdom," offers a teaching tale in which he encounters an ageless woman sage while on a mountain hike. There, in the wilderness, she takes Dan and his readers through experiences and tests in the natural world that demonstrate the power of spiritual laws of balance, choice, process, presence, compassion, faith, action, patience, , surrender, and unity. As the sage relates, "These laws belong to all of us. They rest within our hearts and at the heart of every religion and spiritual tradition." As you make your own journey through the pages of this book, you will find universal solutions to the varied challenges of our lives,

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leading to perspective and wisdom about the meaning and purpose of our lives here, and our connection with all of creation It begins with a single step: Open the first page of a book you will refer to again and again for inspiration and guidance on life's journey, up the mountain path.

Just War has attracted considerable attention. The words peace and justice are often used together. Surprisingly, however, little conceptual thinking has gone into what constitutes a Just Peace. This book, which includes some of the world's leading scholars, debates and develops the concept of Just Peace. The problem with the idea of a Just Peace is that striving for justice may imply a Just War. In other words, peace and justice clash at times. Therefore, one often starts from a given view of what constitutes justice, but this a priori approach leads - especially when imposed from the outside - straight into discord. This book presents conflicting viewpoints on this question from political, historical, and legal perspectives as well as from a policy perspective. The book also argues that Just Peace should be defined as a process resting on four necessary and sufficient conditions: thin recognition whereby the other is accepted as autonomous; thick recognition whereby identities need to be accounted for; renouncement, requiring significant sacrifices from all parties; and finally, rule, the objectification of a Just Peace by a "text" requiring a common language respecting the identities of each, and defining their rights and duties. This approach based on a language-oriented process amongst directly concerned parties, goes beyond liberal and culturalist perspectives. Throughout the process, negotiators need to build a novel shared reality as well as a new common language allowing for an enduring harmony between previously clashing peoples. It challenges a liberal view of peace founded on norms claiming universal scope. The

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liberal conception has difficulty in solving conflicts such as civil wars characterized typically by fundamental disagreements between different communities. Cultures make demands that are identity-defining, and some of these defy the "cultural neutrality" that is one of the foundations of liberalism. Therefore, the concept of Just Peace cannot be solved within the liberal tradition. This heartwarming tale tells of Danny Morgan, who learns the meaning of courage and friendship when he is confronted by, and befriends, the schoolyard bully. With dignity, wit, and compassion, Danny's mentor shows him that he cannot solve his problems by running away — or by becoming a bully himself.

Parenting for a Peaceful World is a fascinating look at how child-rearing customs have shaped societies and major world events. It reveals how children adapt to and are influenced by different parenting styles and how safeguarding their emotional development is the key to creating a more peaceful, harmonious and sustainable world. Practical advice for raising a well-adjusted child includes tips on supporting your child's developing emotional intelligence, understanding how your childhood has influenced your own emotional make-up, and helping you achieve your full parenting potential. Drawing on leading edge brain research, child-development studies, psycho-history, and personal and clinical experience, this completely revised and updated edition of Parenting for a Peaceful World is a must-read for parents, child health professionals, teachers, and for adults seeking to heal and grow.

Civil Paths to Peace contains the analyses and findings of the Commonwealth Commission on Respect and Understanding, established in response to the 2005 request of Commonwealth Head of Government for the Commonwealth Secretary-General to 'explore initiatives to promote mutual understanding and respect among all faiths and communities in the

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Commonwealth.' This report focuses particularly on the issues of terrorism, extremism, conflict and violence, which are much in ascendancy and afflict Commonwealth countries as well as the rest of the world. It argues that cultivating respect and understanding is both important in itself and consequential in reducing violence and terrorism. It further argues that cultivated violence is generated through fomenting disrespect and fostering confrontational misunderstandings. The report looks at the mechanisms through which violence is cultivated through advocacy and recruitment, and the pre-existing inequalities, deprivations and humiliations on which those advocacies draw. These diagnoses also clear the way for methods of countering disaffection and violence. In various chapters the different connections are explored and examined to yield general policy recommendations. Accepting diversity, respecting all human beings, and understanding the richness of perspectives that people have are of great relevance for all Commonwealth countries, and for its 1.8 billion people. They are also importance for the rest of the world. The civil paths to peace are presented here for use both inside the Commonwealth and beyond its boundaries. The Commonwealth has survived and flourished, despite the hostilities associated with past colonial history, through the use of a number of far-sighted guiding principles. The Commission argues that those principles have continuing relevance today for the future of the Commonwealth--and also for the world at large. Way of the Peaceful WarriorA Book That Changes LivesReadHowYouWant.com

If you think world peace is a naive concept, Paul K. Chappell's very existence will give you pause. It's not enough to say that Chappell – a West Point graduate and Iraq War veteran – is a soldier turned peace leader. Experiencing a traumatic upbringing and growing up mixed race in Alabama, he's a young man forged by violence, rage, and racism into a living weapon for

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peace. By unlocking the mysteries of human nature, he shows how the muscles of hope, empathy, appreciation, conscience, reason, discipline, and curiosity give us the power to end the wars between countries, our ongoing war with nature, and the war in our hearts. More and more people are "waking up" spiritually. And for most of them, the question becomes: now what? "Information about life after awakening is usually not made public," explains Adyashanti. "It's most often shared only between teachers and their students." *The End of Your World* is his response to a growing need for direction on the spiritual path. Consider the book you hold in your hands Adyashanti's personal welcome to "a new world, a state of oneness."

A collection of poems, illustrated by handmade quilts, explores peace in all its forms, from peace at home and within oneself to peace on a global scale.

Presents the author's personal account of his spiritual quest to unite the diverse realms of body, mind, and spirit by combining Eastern philosophy with Western fitness routines to become an example of the peaceful warrior.

*The Hidden School* reveals a book within a book, a quest within a quest and a bridge between worlds. Dan Millman takes readers on an epic spiritual quest across the world as he searches for the link between everyday life and transcendent possibility. Continuing his journey from *Way of the Peaceful Warrior*, Dan moves from Honolulu to the Mojave Desert, and from a bustling Asian city to a secluded forest, until he uncovers the mystery of *The Hidden School*. While traversing continents, he uncovers lessons of life hidden in plain sight - insights pointing the way to an inspired life in the eternal present. Along the way, you'll encounter remarkable characters and brushes with mortality as you explore the nature of reality, the self, death and,

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finally, a secret as ancient as the roots of this world. Awaken to the hidden powers of paradox, humour and change. Discover a vision that may forever change your perspectives about life's promise and potential.

20th Anniversary Edition with New Afterword and Revisions by the Author Way of the Peaceful Warrior has become one of the most beloved spiritual sagas of our time. Shared among friends and families, this million-copy word-of-mouth bestseller has inspired men and women of all ages in twenty languages worldwide. Despite all his success, college student and world-champion athlete Dan Millman is haunted by a feeling that something is missing from his life. Awakened one night by dark dreams, he wanders into an all-night gas station, meets an old man named Socrates, and his world is changed forever. Guided by this eccentric old warrior, drawn to an elusive young woman named Joy, Dan begins a spiritual odyssey into realms of light and shadow, romance and mystery, toward a final confrontation that will deliver or destroy him. This classic tale, a blend of autobiographical fact and narrative fiction, told with heart and humor, speaks to the peaceful warrior in each of us. Countless readers have been moved to laughter and tears-even moments of illumination-as they rediscover life's larger meaning and purpose. Journey with Dan on the peaceful warrior's path to unreasonable happiness. Find out for yourself why this book changes lives.

Each one of Dan Millman's best-selling books presents new keys to the "peaceful warrior's way of living." Each offers a different aspect of Dan's philosophy - relevant, user-friendly, real-world guidance for everyday life. For the first time, in *Living on Purpose*, Dan answers some of the toughest questions we face. Organized into twenty-four key principles to answer some of life's toughest questions, *Living on Purpose* refines and expands on the teaching of his other books

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with fresh insight. Each of the principles, in turn, features further questions and answers more specific, related challenges. Building a bridge between idealism and realism, Dan applies timeless principles to pressing questions from all over the world — questions on metaphysics, destiny versus free will, control and surrender, goal making, and setting life priorities, as well as common everyday challenges, such as child rearing, divorce, drugs, money and work, sexuality, and simplifying your life. In *Living on Purpose*, Dan Millman combines the wisdom of Solomon with the commonsense touch of *Dear Abby*, taking on real-world questions with the insight and knowledge that have drawn millions of readers to his books.

Nearly a quarter century after the publication of Dan Millman's *Way of the Peaceful Warrior*, a film adaptation came to the screen in a movie titled "Peaceful Warrior" starring Nick Nolte as Dan's old mentor, "Socrates." Dan had anticipated that many questions might come from viewers of that film, and that it was finally time to write a book that directly addressed the original teachings in his first book, and loosely expressed in the movie. Over the years, readers have asked many compelling questions about mysterious elements in his bestselling classic. In this powerful new work, *Wisdom of the Peaceful Warrior*, Dan selected one hundred key passages and added incisive commentaries to clarify the timeless teachings of his old mentor, Socrates. With practical wisdom gained over the passing decades, Dan now shares fresh insights that readers can apply directly to their everyday lives. *Wisdom of the Peaceful Warrior* speaks to all adventurous souls seeking a deeper understanding of themselves and their lives. For Dan Millman's loyal readers as well as those new to his work, this book reveals how to live each day with a peaceful heart and a warrior spirit.

Hailed as one of the year's top five novels by *Time*, and selected as one of the best books of

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the year by nearly all major newspapers, national bestseller *Peace Like a River* captured the hearts of a nation in need of comfort. "A rich mixture of adventure, tragedy, and healing," *Peace Like a River* is "a collage of legends from sources sacred and profane -- from the Old Testament to the Old West, from the Gospels to police dramas" (Ron Charles, *The Christian Science Monitor*). In "lyrical, openhearted prose" (Michael Glitz, *The New York Post*), Enger tells the story of eleven-year-old Reuben Land, an asthmatic boy who has reason to believe in miracles. Along with his sister and father, Reuben finds himself on a cross-country search for his outlaw older brother who has been controversially charged with murder. Their journey is touched by serendipity and the kindness of strangers, and its remarkable conclusion shows how family, love, and faith can stand up to the most terrifying of enemies, the most tragic of fates. Leif Enger's "miraculous" (Valerie Ryan, *The Seattle Times*) novel is a "perfect book for an anxious time ... of great literary merit that nonetheless restores readers' faith in the kindness of stories" (Marta Salij, *Detroit Free Press*).

A best-selling author, pastor, futurist, and cultural thought leader argues that to experience and establish inner peace, we must first confront the battles that rage within. Your longings for inner peace and deep purpose are attainable, but they won't come easy. They require a warrior's mentality. Fighting for them requires passion, perseverance, and precision. This is an invitation to an unflinchingly honest look at your interior life guided by the ancient principles and methods revealed through Scripture. Erwin Raphael McManus delivers wisdom, instills passion, and provides the sacred movements needed to become the warrior you were meant to be. We live in a time of global and personal chaos. The world is at war because our souls are at war. The path to peace begins with you overcoming your most frequent and fierce

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enemy: yourself.

The Heart of the Shaman will take you on a journey into the sacred world of the shaman, through stories, dreams, and ancient rites. In his latest book, Alberto Villoldo sets his focus on the dreaming and time-travel practices of the medicine men and women of the Andes and Amazon, whose wisdom radically changed his worldview. Villoldo shares some of their time-honored teachings that emphasize the sacred dream: an ephemeral, yet powerful vision that has the potential to guide us to our purpose and show us our place in the universe. The practices in this book will help you forge a sacred dream for yourself. They will help you craft a destiny infused with courage, and driven by vision. You'll be invited to follow the footsteps of the luminous warrior and learn how to break out of the three nightmares surrounding love, death, and safety that have held you captive, and transform them into the experience of timeless freedom, known as the Primordial Light. This creative power exercised by shamans will lead you to create beauty and healing, and dream a new world into being. When you transform these dreams and accept that life is ever changing, that your mortality is a given and that no one except you can free you from fear —the chaos in your life turns to order, and beauty prevails. “Wake up from the slumber you are living in, and dream with your eyes open so that all the possibilities of the future are available to you.”

Explains the study and teaching of the martial arts, emphasizing the philosophical aspects of this sport.

“A devastating and infuriating book, more astonishing than any legal thriller by John Grisham” (The New York Times) about a young father who spent twenty-

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five years in prison for a crime he did not commit...and his eventual exoneration and return to life as a free man. On August 13, 1986, just one day after his thirty-second birthday, Michael Morton went to work at his usual time. By the end of the day, his wife Christine had been savagely bludgeoned to death in the couple's bed—and the Williamson County Sheriff's office in Texas wasted no time in pinning her murder on Michael, despite an absolute lack of physical evidence. Michael was swiftly sentenced to life in prison for a crime he had not committed. He mourned his wife from a prison cell. He lost all contact with their son. Life, as he knew it, was over. Drawing on his recollections, court transcripts, and more than 1,000 pages of personal journals he wrote in prison, Michael recounts the hidden police reports about an unidentified van parked near his house that were never pursued; the bandana with the killer's DNA on it, that was never introduced in court; the call from a neighboring county reporting the attempted use of his wife's credit card, which was never followed up on; and ultimately, how he battled his way through the darkness to become a free man once again. "Even for readers who may feel practically jaded about stories of injustice in Texas—even those who followed this case closely in the press—could do themselves a favor by picking up Michael Morton's new memoir...It is extremely well-written [and] insightful" (The Austin Chronicle). Getting Life is an

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extraordinary story of unfathomable tragedy, grave injustice, and the strength and courage it takes to find forgiveness.

A practical guide to help parents teach their children how to cope with stress offers an innovative approach that combines real-life situations, hands-on examples, and helpful advice on how to resolve conflicts, reduce anger and anxiety, develop listening skills, foster self-esteem and understanding, and more. Original.

This is the second book in the Peaceful Warrior Saga. Neither a sequel nor prequel, this adventure takes place within the context of the original book, shedding new light on the path he was to travel, and would one day teach. After a period of training with the man he calls Socrates, Dan Millman is sent away by his old mentor to apply what he has learned to everyday life. Struggling with personal failure and growing disillusion, Dan sets out on a worldwide quest to rediscover the sense of clarity, meaning and purpose he found with Socrates. then a long-forgotten memory drives Dan to seek a mysterious woman shaman in Hawaii. She is the gateway to all his hopes and fears — and the only one who can prepare him for what may follow. Deep in a rain forest on the island of Molokai, Dan encounters mortal challenges, vivid characters, and startling revelations as he ascends the peaceful warrior's path toward the light that shines at the heart of

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creation. In this compelling tale, the author breathes new life into ancient wisdom and reminds us that all our journeys are sacred, and all our lives an adventure. Unappreciative of what he has in life, Danny travels with the magical old man Socrates into another world, where his quest for the crystal castle teaches him that it is the journey itself that makes a warrior, not the reward.

WAY OF THE PEACEFUL WARRIOR has become one of the most beloved spiritual sagas of our time. Shared among friends and families, this million-copy word-of-mouth bestseller has inspired men and women of all ages in twenty languages worldwide. Despite his success, college student and world-champion athlete Dan Millman is haunted by a feeling that something is missing from his life. Awakened one night by dark dreams, he wanders into an all-night gas station, meets an old man named Socrates, and his world is changed forever. Guided by this eccentric old warrior, drawn to an elusive young woman named Joy, Dan begins a spiritual odyssey into realms of light and shadow, romance and mystery, toward a final confrontation that will deliver or destroy him. This classic tale, told with heart and humor, speaks to the peaceful warrior in each of us. Countless readers have been moved to laughter and tears - even moments of illumination - as they rediscover life's larger meaning and purpose. Journey with Dan on the peaceful warrior's path to unreasonable happiness. Find out for

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yourself why this book changes lives.

There is a way to find peace and keep it for good. If you are a hard-working woman who struggles with perfectionism, people-pleasing, or approval addiction, read this book and become awakened to a new frontier of possibilities. With deep empathy, warmth, and humor, psychotherapist Amy Beth Acker, LCSW invites readers on a journey to explore what's possible in life and to create lasting mindset shifts. In this book, you will find tools that will help you gain clarity in life and learn how to become more present and less anxious.

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