



NO ORDINARY MOMENTS: A Peaceful Warrior's Guide to Daily Life

By Dan Millman

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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.



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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 exercisesa 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:

Erna Taylor:

The book NO ORDINARY MOMENTS: A Peaceful Warrior's Guide to Daily Life can give more knowledge and information about everything you want. Why must we leave the best thing like a book NO ORDINARY MOMENTS: A Peaceful Warrior's Guide to Daily Life? Wide variety you have a different opinion about book. But one aim that will book can give many details for us. It is absolutely correct. Right now, try to closer using your book. Knowledge or info that you take for that, you could give for each other; you can share all of these. Book NO ORDINARY MOMENTS: A Peaceful Warrior's Guide to Daily Life has simple shape nevertheless, you know: it has great and massive function for you. You can appear the enormous world by available and read a e-book. So it is very wonderful.

Sergio Espinoza:

Reading can called imagination hangout, why? Because while you are reading a book specially book entitled NO ORDINARY MOMENTS: A Peaceful Warrior's Guide to Daily Life the mind will drift away trough every dimension, wandering in each and every aspect that maybe unknown for but surely can be your mind friends. Imaging each word written in a guide then become one form conclusion and explanation that will maybe you never get ahead of. The NO ORDINARY MOMENTS: A Peaceful Warrior's Guide to Daily Life giving you a different experience more than blown away your head but also giving you useful facts for your better life in this era. So now let us demonstrate the relaxing pattern here is your body and mind will likely be pleased when you are finished studying it, like winning a. Do you want to try this extraordinary paying spare time activity?

Mary Christensen:

Reading a book for being new life style in this yr; every people loves to study a book. When you learn a book you can get a great deal of benefit. When you read guides, you can improve your knowledge, due to the fact book has a lot of information onto it. The information that you will get depend on what kinds of book

that you have read. If you wish to get information about your examine, you can read education books, but if you act like you want to entertain yourself you are able to a fiction books, this sort of us novel, comics, in addition to soon. The NO ORDINARY MOMENTS: A Peaceful Warrior's Guide to Daily Life offer you a new experience in reading through a book.

James Stevens:

What is your hobby? Have you heard this question when you got college students? We believe that that question was given by teacher with their students. Many kinds of hobby, Every individual has different hobby. And you know that little person similar to reading or as examining become their hobby. You should know that reading is very important and book as to be the issue. Book is important thing to incorporate you knowledge, except your own personal teacher or lecturer. You discover good news or update in relation to something by book. Many kinds of books that can you decide to try be your object. One of them is niagra NO ORDINARY MOMENTS: A Peaceful Warrior's Guide to Daily Life.

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