

The Laws of Spirit: A Tale of Transformation

By Dan Millman

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The Laws of Spirit opens with the story of Dan Millman's encounter with a sage in the wooded hills near his home. Through stories, tests, and experiences in the wild, the sage challenges Millman to examine 12 core principles that underlie human existence: balance, choice, process, presence, compassion, faith, expectation, integrity, action, cycles, surrender, and unity. The book shows how these keys — at the heart of every religion, culture, and moral system — can lead to a deeper sense of meaning, connection, and harmony with the world. It also shows readers how these principles can transform relationships, careers, finance, and health. Quotations and reminders from across the centuries inform and inspire readers as they accompany Millman on his journey.

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Editorial Review

Review
Former world-champion athlete turned best-selling author (*The Way of the Peaceful Warrior* and *Secret of the Peaceful Warrior*), Dan Millman proffers his latest book, *The Laws of Spirit*, in that time-honored form of storytelling, the parable. In a series of fictional allegorical tales, Millman is taken on a tour of wild forest and mountain habitats by a shaman-like wise woman he meets in a mountainside cove. Together they explore and observe nature and her creatures who show them much about principles such as faith, compassion, choice, action and surrender. A modern-day oracle of uplifting wisdom, this little book aims to open the heart and enlighten the mind. -- *Body, Mind, Spirit* magazine, January 1996

Millman's parable of a wise woman and laws of spirit which help to make life work smoothly contains gentle reflection and spiritual education for all who consult his title. The laws of spirit are at the basis of all religious traditions: Millman's outline documents their importance. -- *Midwest Book Review*

Millman, the author of *Way of the Peaceful Warrior*, has another likely bestseller in his latest book. The fictional story begins with the author/hero taking a walk in the mountains and meeting a wise woman who leads him on a journey to places not connected by our understanding of spatial reality. Along this journey, she teaches our hero some simple spiritual principles, such as The Law of Balance, The Law of Integrity, The Law of Action. Each of the twelve laws is illustrated by coupling the heros simple ignorance with the wise woman's storytelling. Readers who have enjoyed Millman's other books will certainly want this one; his easy conversational style is still engaging. -- *NAPRA ReVIEW*, Fall 1995

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 Inside Flap
The Laws of Spirit is, like Paulo Coelho's The Alchemist, a parable or allegory, a teaching tale -- in which the author encounters an woman of great wisdom while on a mountain hike. In a single weekend in the wilderness, this ageless sage takes Dan, and his readers, through experiences and tests in the wilderness that demonstrate the powers of spiritual laws in everyday life, including the laws of balance, choice, process, presence, compassion, faith, action, cycles, surrender, and unity.

As the woman reveals, "These laws belong to all of us. They reside in every heart and in the heart of every religion and spiritual tradition." Here is a book whose covers you may open again and again for inspiration and guidance on life's journey.

Users Review

From reader reviews:

Sheila Rocha:

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Emily Sandlin:

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Bryan Lewis:

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Betsy Haley:

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