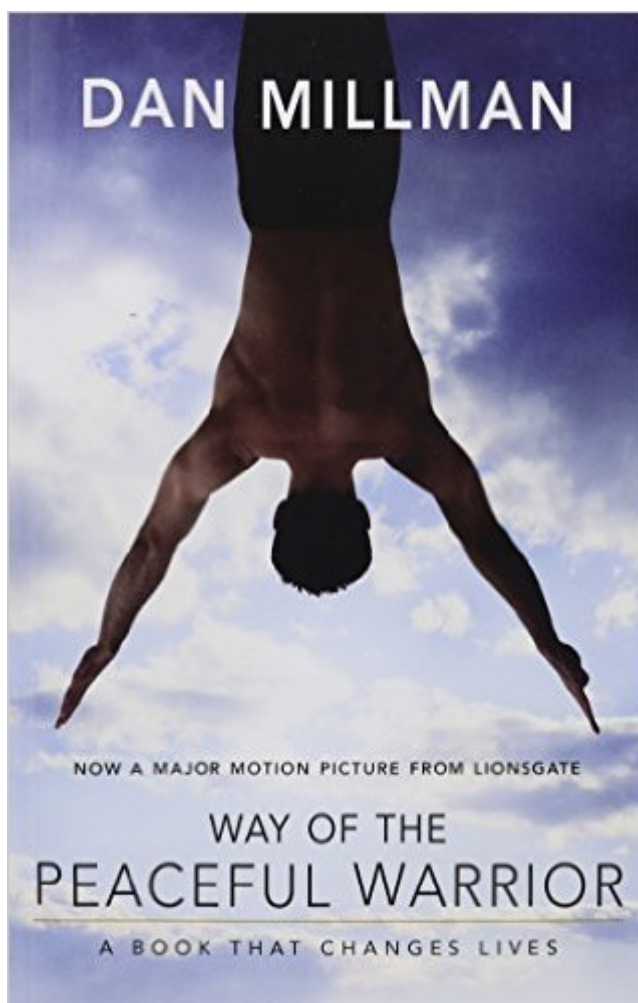


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Way Of The Peaceful Warrior: A Book That Changes Lives



Synopsis

Way of the Peaceful Warrior is based on the story of Dan Millman, a world champion athlete, who journeys into realms of romance and magic, light and darkness, body, mind, and spirit. Guided by a powerful old warrior named Socrates and tempted by an elusive, playful woman named Joy, Dan is led toward a final confrontation that will deliver or destroy him. Readers join Dan as he learns to live as a peaceful warrior. This international bestseller conveys piercing truths and humorous wisdom, speaking directly to the universal quest for happiness.

Book Information

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Customer Reviews

During his junior year at the University of California, Dan Millman first stumbled upon his mentor (nicknamed Socrates) at an all-night gas station. At the time, Millman hoped to become a world-champion gymnast. "To survive the lessons ahead, you're going to need far more energy than ever before," Socrates warned him that night. "You must cleanse your body of tension, free your mind of stagnant knowledge, and open your heart to the energy of true emotion." From there, the unpredictable Socrates proceeded to teach Millman the "way of the peaceful warrior." At first Socrates shattered every preconceived notion that Millman had about academics, athletics, and achievement. But eventually Millman stopped resisting the lessons, and began to try on a whole new ideology--one that valued being conscious over being smart, and strength in spirit over strength in body. Although the character of the cigarette-smoking Socrates seems like a fictional, modern-day Merlin, Millman asserts that he is based on an actual person. Certain male readers especially appreciate the coming-of-age theme, the haunting love story with the elusive woman Joy,

and the challenging of Western beliefs about masculine power and success. --Gail Hudson

"This book is so appealing," commented Virginia Satir, "because it provides an easy access for people to naturally identify, connect and be in touch with the spiritual part of themselves." Indeed, *Way of the Peaceful Warrior* does just that with its piercing truths, lively narrative and humorous wisdom. Like Castaneda, it enables the reader to reflect on the deepest questions of life. Yet unlike Don Juan, it spotlights the path to a happy, uncomplicated life without dependency on drugs. Told with drama and insight, the novel revolves around Dan, a world champion gymnast and student at the University of California at Berkeley. The story begins when Dan meets his powerful 96-year-old mentor Socrates, an all-night gas station attendant. Guided by this wise old mentor and tempted by an elusive and playful woman named Joy, Dan journeys through everyday reality and metaphysical realms. He travels the paths of flesh and spirit, romance and terror, light and darkness, laughter and magic, learning new ways to see the world and live life fully. Thematically, this tale of the eternal human quest for the meaning of life is the path of transformation and enlightenment. It uncovers concepts known deep inside but really allowed to wake up and be content with this knowledge. There is no need to search, so just be happy now! Love is the only reality of the world, because it is all One - and the only laws are paradox, humor and change. After reading *Way of the Peaceful Warrior* don't tuck it away on a bookshelf to gather dust. Keep it close at hand, and recapture guidance from many of the metaphors sprinkled throughout the story. The secret of happiness, Socrates so aptly points out, is not found in seeking more, but in developing the capacity to enjoy less. -- Association for Humanistic Psychology Newsletter, July, 1984 Remarkably wise, provocatively humorous, and hauntingly beautiful. It may even change the lives of many who peruse its pages. -- Dr. Stanley Krippner

I definitely enjoyed reading this book and its many different insights. I'm a notoriously slow reader and the pages still flew by.....but I actually think I went too fast. If you do decide to read this book, I would highly recommend taking a deep breath after 30 or so pages just to sit back and soak in the story and its meaning. There really are a lot of concepts thrown to you at once and it only makes sense to take the time to understand their impact. There's no doubt I will read this again (I'm going through the sequel right now) and will make it a point to slow down a bit. There were some parts of the book that really hit home for me and others that seems a little "bit much", but, overall, I thought the presentation was done well. Near the end of the book I was a little bit disappointed at how fast the author describes his life events after college; I guess I was just expecting more meaningful

discussion about what he went through. (EDIT: Some of the "holes" are filled in by his other books) I'm looking forward to seeing the movie adaptation just to compare how Millman's Socrates character translates to the big screen. The most important question I ask myself after I read this book is: "Do I feel that it made an impact (big or small) in my life?" I would definitely say "yes" just for mere idea that past and future are simply subtle barriers that can impede our progress today.

I absolutely love this book! Before I finished it, I was already on purchasing the next one that way I had it just in time. I am 100% certain that the Author Dan Millman has first hand experiences with some of the more mystical esoteric subjects! It is an extremely inspiring novel, and I would liken Dan to the author Paulo Coelho as this book and *The Alchemist* while different subjects; are still written and inspiring in the same manner. Dan is now on my list of Favorites, and forever a fan. So, if you like *The Alchemist*; purchase this book

As the title states this book was the most influential book I've ever read. The journey takes you on a so spiritual that you can't Help but to go along. I've never felt a character so alive in a book I felt like Socrates was my teacher and I knew him and he is change my life through the book. I cannot recommend this book enough to anyone is thinking about reading it. I ordered it on Kindle and had to order the book just to know I have a hard copy always. The book is about life wisdom that is beyond New Age and transcends any self-help type subject matter out there. This book will wake you up in life if you're already awake it will remind you and refresh you

I first saw a trailer for *Peaceful Warrior* when I attended a film festival in Washington DC back in April of 2006, to see *Hard Candy*. I didn't quite grasp it, and forgotten it - then somewhere along the line, *Peaceful Warrior* has resurfaced (the June 30 release) I haven't seen it in theatres, but my interested had once again peaked. I then watched the trailer countless times on youtube. I finally saw the film, and was amazed. It had struck me, and I've decided to purchase the book right after my viewing. Last Wednesday, it had arrived, and I started reading - I have only a few pages to go before I am finished..and I can safely say, this is one of the best books I have read in my life. I do not judge it on entertainment, or on escapism or writing, or anything else (although yes! this book IS entertaining) i judge this book on the LIFE LESSON it teaches, and I can't recommend it enough. This book will be passed on to my friends and to everyone I know, who is willing to OPEN THEIR EYES and to REALIZE what has been missing in their lives. Constant thoughts were running through my mind when reading the book - and as I read it, I highlit every lesson Socrates taught.

Some of them hit home so much, some of them made me realize and open my eyes a little bit (Yes, I can't say I have yet opened my eyes, I'm only a fool in kindergarten by Socrates standards!). Since reading the book, I've been practicing the lessons taught, and I've been trying to be more self-aware. I have been searching for something like this, searching for something I did not know myself - I was searching for THIS LESSON that THIS BOOK TEACHES, In movies, and in film but could never find it - and THIS is the one literary work that SATISFIES my search. We can choose to start living NOW, PRESENTLY. I will continue my journey through reading more of Millman's works, and my journey in general.

I had never seen the movie and the book was recommended by one of my yoga instructors. I really enjoyed it. It makes you think about priorities and taking a step back and breathing. It's very introspective.

I read this book over twenty years ago and at least 2 times just a few years later. I decided to pick it up again to see if it was as valuable and "good" as my then 20-something brain told me it was. It is. It is probably not for everyone, I can see that. You have to be open-minded, and understand there is more message here than novel. I believe it is a worthwhile read for everyone, even if you don't appreciate it as much as some, it will at least broaden your perspective a bit. I thoroughly enjoyed it, and probably got more out of it this time around than I did when younger. I'm glad I once again have this on my bookshelf. (I have not seen the movie, and have no intentions of doing so; I've never liked book to movie translations, so I do not comment on that aspect here).

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