



Way of the Peaceful Warrior: A Book that Changes Lives

Dan Millman

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This unabridged audio edition of the international bestseller *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 dark, body, mind, and spirit. It's said that there's one journey but many paths. We travel with Dan on his journey as he is guided by a powerful old warrior named Socrates, and tempted by an elusive, playful woman named Joy. Dan meets Socrates at a gas station at 3 a.m. one morning, while trying to walk off the confusion and dissatisfaction of his life as a college student and athlete. With this inauspicious meeting, Dan begins an odyssey of understanding that takes him through the door of awakening. As Dan learns to live the life of a peaceful warrior, he is led toward a final confrontation that will deliver or destroy him. Dan discovers that the life and practice of the peaceful warrior is action. In the eyes of spirit, little things count. What you give, you receive. Doing is understanding. And you can do anything when you find the heart and courage for it. DAN MILLMAN is a former world trampoline champion, hall of fame gymnast, university coach, college professor, and bestselling author whose books, translated into more than twenty languages, have inspired millions of people. His books and seminar have influenced people from all walks of life, including leaders in the fields of health, business, education, entertainment and sports.

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