



The Four Purposes of Life: Finding Meaning and Direction in a Changing World

By Dan Millman

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The Four Purposes of Life: Finding Meaning and Direction in a Changing World By Dan Millman

The Four Purposes of Life was born from Dan Millman's decades-long search to make sense of life. He distills decades of experience into a concise map of the journey -- the full scope of what we're each here to accomplish here on planet Earth.

It puts together, for the first time, essential elements from the "peaceful warrior teachings" in their full and proper context --- providing a burst of clarity to bring our lives into sharper focus. This backstage tour of life begins with the proposition that we are here to fulfill (not one but) *four* purposes:

1. Learning Life's Lessons
2. Finding Your Career and Calling
3. Fulfilling Your Hidden Life Path
4. Attending to This Arising Moment

A few highlights include:

- the higher purpose of daily life
- twelve required lessons in the school of life
- how to make better decisions in career and relationships
- the qualities of leadership no matter who you are
- a mysterious system to clarifying your hidden calling
- keys to mastering the most important purpose of all

Prepare for a quantum leap in self-knowledge, insight, and wisdom to light your way, expand your awareness, and improve the quality of your life. The seeds planted by this remarkable book will bear fruit for years to come.

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Editorial Review

Review

“Once again, Dan Millman provides us with keys to a well-lived life. This is a lovely read, filled with meaningful insight.”

— Marianne Williamson, author of *A Return to Love*

“A wonderful book with extremely helpful practices for finding one’s authentic purpose. Highly recommended!”

— Ken Wilber, author of *The Integral Vision*

“Dan’s new book offers concise and practical guidance for living a meaningful life with a clear sense of purpose.”

— Deepak Chopra, author of *The Soul of Leadership*

“Leave it to Dan Millman to come up with a way of making purposeful decisions and helping us see deeply into the center of each moment...a graceful and wise book.”

— Elizabeth Lesser, cofounder of Omega Institute and author of *Broken Open*

“A refreshingly practical yet profound approach to living your sacred calling.”

— Peter Russell, author of *From Science to God*

“Dan Millman reminds us of the power of our essential humanity, how to touch it and use it to make this a better world.”

— Thom Hartmann, author of *The Last Hours of Ancient Sunlight*

“This book skillfully delivers on its promise of bringing renewed meaning and purpose — for anyone seeking clear directions at one of life’s crossroads.”

— Ken Dychtwald, author of *A New Purpose*

“During one of the darkest periods of my life, Dan’s writing in *Way of the Peaceful Warrior* extended a hand to me and helped pull me into the light. Dan is the personification of ‘love, laugh, live, and give,’ as you will see in his new book, *The Four Purposes of Life*. In this book, he does it again as only he can.”

— Quincy Jones

“Dan Millman, a great teacher, shares important rules to help people everywhere improve their lives, find their passion, do what they love, and live with inspiration.”

— Don Miguel Ruiz, author of *The Four Agreements*

From the Author

When someone asks me to name my favorite among all the books I’ve written, I ask them what a parent of three or four or six children might say if asked to name their favorite, and they get the point: I love them all. No one is better, only different.

Certainly my first, or signature book, *Way of the Peaceful Warrior*, is best known, and close to my heart. Yet

each book provides its own unique facets. And yet . . . and yet . . . I do have a special feeling about *The Four Purposes of Life*. Because it truly delivers on the promise of its subtitle -- "finding meaning and direction in a changing world."

This book, which offers hope as well as encouraging reminders, is both timely and timeless, exploring and answering deep (yet often unasked) questions at the core of our lives: *What am I here to do? What do I really want? Is getting what I want going to take me to where I want to be?* And finally, *What is the purpose of my life?*

This book contains some important elements from earlier books, but for the first time places them in their proper context. After reading it once, and even again, most readers will experience a quantum leap in wisdom and perspective that can last a lifetime.

About the Author

Dan Millman, a former world champion athlete, coach, martial arts instructor, and college professor, is author of *Way of the Peaceful Warrior* (adapted to film in 2006) and numerous other books read by millions of people in 29 languages. Dan teaches worldwide and has influenced people from all walks of life, including leaders in the fields of health, psychology, education, business, politics, sports, entertainment and the arts. For more info: peacefulwarrior.com

Users Review

From reader reviews:

Earl Diehl:

Have you spare time for any day? What do you do when you have far more or little spare time? Sure, you can choose the suitable activity to get spend your time. Any person spent all their spare time to take a walk, shopping, or went to the particular Mall. How about open or maybe read a book allowed *The Four Purposes of Life: Finding Meaning and Direction in a Changing World*? Maybe it is to become best activity for you. You understand beside you can spend your time together with your favorite's book, you can better than before. Do you agree with its opinion or you have some other opinion?

Pearl McLean:

Reading can called mind hangout, why? Because when you find yourself reading a book specially book entitled *The Four Purposes of Life: Finding Meaning and Direction in a Changing World* your head will drift away trough every dimension, wandering in every aspect that maybe mysterious for but surely might be your mind friends. Imaging every single word written in a publication then become one web form conclusion and explanation this maybe you never get ahead of. The *The Four Purposes of Life: Finding Meaning and Direction in a Changing World* giving you one more experience more than blown away your thoughts but also giving you useful info for your better life with this era. So now let us show you the relaxing pattern is your body and mind will likely be pleased when you are finished reading through it, like winning a casino game. Do you want to try this extraordinary paying spare time activity?

Wanda Crane:

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Joseph Levis:

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