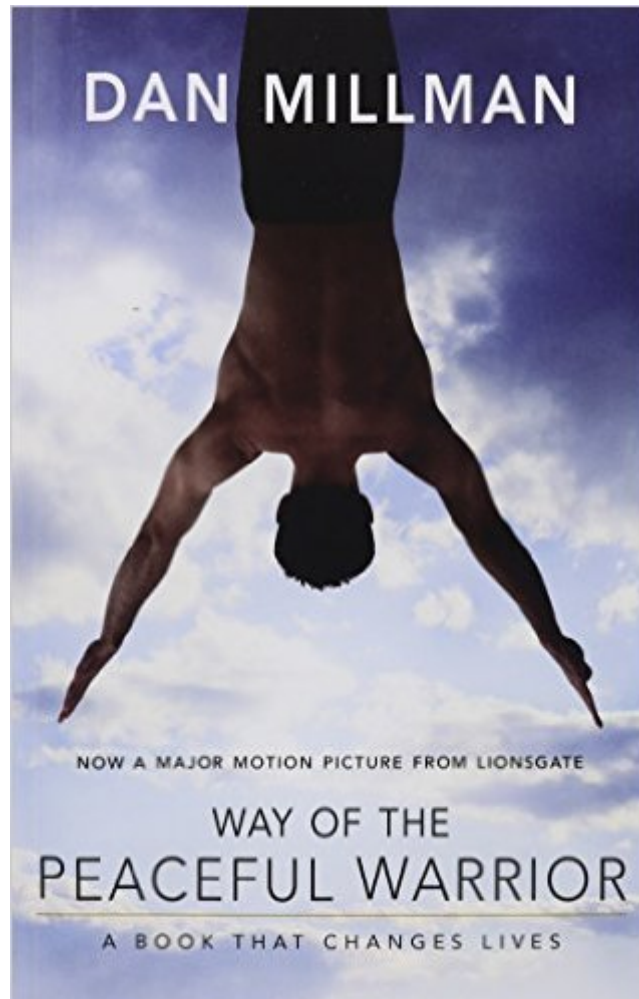


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# Way Of The Peaceful Warrior: A Book That Changes Lives



## 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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Average Customer Review: 4.4 out of 5 stars [See all reviews](#) (802 customer reviews)

Best Sellers Rank: #5,220 in Books (See Top 100 in Books) #23 in [Books > Religion & Spirituality > Worship & Devotion > Inspirational](#) #26 in [Books > Religion & Spirituality > Occult & Paranormal](#) #47 in [Books > Health, Fitness & Dieting > Alternative Medicine > Meditation](#)

## Customer Reviews

So here's my experience with the book: I first purchased this book when I was 15. And to tell you the truth I don't recall why. And I read it in one sitting. I came away from the reading with a sense of "Wow, that's really amazing. That was a really cool book." However I did NOT feel that the book lived up to it's subtitle "The Book that Changes Lives" In fact I thought it was a practice in pretension to label it as Millman did. And I put the book away and forgot about it...(dramatic pause)... or so I thought (BUM BUM BUM). You see it wasn't until I was 17 or so that I began to realize that the book had made a grand impact on my life. I realized that I was seeing the world in a completely different way... that I was learning to "let things go" to have fewer expectations from life and enjoying more what life was giving me. And through practice (which probably will continue for the rest of my life, these changes have continued and refined themselves in the years following this revelation. Of course a portion of these changes are due to me simply maturing and evolving as a person from age 15 to present. The book however set me on the right path for who I am and who I am to

become as time goes on. My path may be different than yours- and I think that's the point and the reason that the reviews on this site are either very high or very low. For some this book resonates on a deep level and for others they see only the words. This is not to put value judgements on "getting it" or "not getting it". This book is only one of the paths that leads to wherever it is that we are all headed as humanity. Each of us, (if I may be allowed a new age moment), is a person "becoming" and at different rates.

This book is not new material. I wouldn't say it is groundbreaking or that it changed my life. Probably because I am already acquainted with the principles of Buddhism and Eastern thinking. So I didn't find anything new here that would give me a "wow" factor like all the other reviews claim. What I did find is that it presents the ideology in a down-to-earth, real-life format, thus making it easy for one to understand how to apply the principles to one's own life. The character of Socrates, the teacher, is lovable and so well done that you really feel he's there with you. The storyline is well put together. Parts of it were taken from the author's own life and some were created, but they are seamlessly intertwined. The story flows and the book is a quick read. Millman also incorporates Plato's allegory of the cave and some zen koans within the plot to help enlighten you on some of the points that are presented. I already knew about Plato's allegory and some of the zen koans from before, they are classics, so they were not new to me but I did enjoy seeing how they were applied to the main storyline. And now for the criticism. There were two things I didn't like about this book. 1. How little time or explanation Millman incorporates about his failed marriage and daughter. It just seems like a hiccup in his life. And that is why I believe Zen can only take you so far. I believe there is more to life than just letting everything go. What about forming relationships? What about atoning for your actions? If you hurt someone, it is not enough for you to realize it and let it go, you have to take action. At least seek forgiveness, let the person know you made a mistake and that you are sorry. Zen just seems to put you in a bubble and the truth is, we all are not solitary monks.

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