

TO: Dr. Joe Scarcella, Ph.D (jscarcel@csusb.edu)
FROM: Gerald Grell
DATE: January 26, 2009
RE: EVOC 503BR Way of the Peaceful Warrior Book Report - Grell

Dan Millman (born Feb 22, 1946) is an author of thirteen self-help books, the most famous of which is the semi-autobiographical novel, *Way of the Peaceful Warrior* (1980). As the winner of the 1964 World Trampoline Championship in London, he co-captained the 1968 NCAA University of California gymnastics team and has also worked as a gymnastics instructor at Stanford University and a professor of physical education at Oberlin College. He is connected to the human potential movement along with Anthony Robbins. His early background includes modern dance and Aikido. Later he studied various yoga and martial arts while he travelled around the world, which resulted in his new calling as spiritual and motivational speaker and author.

Chronological list of books by Dan Millman.

1. *Whole body fitness: mind, body, and spirit* (1979). ISBN 0-517-53853-9
2. *Way of the Peaceful Warrior: A Book That Changes Lives* (1980). Fictionalized autobiography. ISBN 0-915811-89-8
3. *Sacred Journey of the Peaceful Warrior* (1991). Details the world travels of the character in the above book. ISBN 0-915811-33-2
4. *Secret of the Peaceful Warrior: A Story About Courage and Love* (1991). Children's book. ISBN 0-915811-23-5
5. *No Ordinary Moments: A Peaceful Warrior's Guide to Daily Life* ISBN 0-915811-40-5
6. *Quest for the Crystal Castle: A Peaceful Warrior Children's Book* (1992). ISBN 0-915811-41-3
7. *The Life You Were Born to Live: A Guide to Finding Your Life Purpose* (1995). ISBN-10: 0-915811-60-X
8. *The Laws of Spirit: A Tale of Transformation* (1995) ISBN 0-915811-93-6
9. *Everyday Enlightenment: The Twelve Gateways to Personal Growth* (1998). ISBN 0-446-67497-4
10. *Body Mind Mastery: Creating Success in Sport and Life* (1999). ISBN 1-57731-094-2
11. He has also re-released/written several of his books.

This is a book based on the true story of Dan Millman as a student and world class gymnast at U.C. Berkley in 1966. Mr. Millman makes the following points in his book:

Most of what we see in the world is not the truth but really illusion based on what we want it to be or what someone wants us to believe. Today we have so much information it is often difficult to distinction: knowledge, ideas and concepts from how we use of them. Both of these points help me to look more carefully at things going forward to understand the difference.

You should take a deep breath periodically to help clear your mind and reduce your stress level. We all need to have a stress relief method and breathing is one of the best. I have some breathing exercises but only use them when I feel stressed instead of his approach of doing it on a regular basis to prevent stress and clear the mind.

Choice means giving up something you want for something you want more. What you choose to do has everything to do with what you value. For me, choice is driven by my values and can change over time. Equating the concept of choice to my values is very helpful.

What can be done and what can't be accomplished often comes down to that is real and what is idealistic. While we strive to live ideally but that's often unrealistic and the standards are often impossible to achieve. Goal setting for me must be realistic if I wish to accomplish the goals and not become discouraged.

His concept of reality existing on two levels is a little beyond me at this point. I need to explore this more fully before I can understand how the concept of conventional and transcendental impacts me. I do understand the concept that conventional reality is physical, emotional, and transcendental is the spiritual connection as one with the universe.

I am also not sure I get his connection of the earth as a school and life is our daily classroom. As for overcoming challenges, problems and hurdles, as well as finding and fulfilling our talent through choices, I can relate some of my experiences to this concept. Life does appear to continue to present "lessons" or challenges to me in harder ways until I "get" it. We definitely are only responsible for the things we can control.

I usually don't put much stock in motivation rooted in the metaphysical "journey to enlightenment" approach to life but I was fascinated with this book. It is a very good blending of Eastern and Western philosophy to define the individual or essence of a champion and has sparked my interest in learning more about some of the metaphysical. I have always felt that the transformation process is often personal and not easily modeled after someone's metaphysical experiences. Such reading often does provide additional tools one can add to your personal "coping kit". I agree that most of us go through life and often time never really know what we really want out of it. I however am glad I have read this book and will send a copy to my son who is a freshman in college.