



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

By Dan Millman

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The literal millions who have read Dan Millman's books know that he approaches the complex topic of life's meaning with a unique and exceedingly appealing blend of wisdom, wit, and practicality. His insights connect with people where they are — and then move them forward. Those at a crossroads, facing a challenge, or simply seeking a deeper understanding of themselves and the workings of the world will find realistic, doable action steps. These practices amount to the kind of "Humanity Curriculum" many of us never studied. As readers Learn Life's Lessons, Find Career and Calling, Discover Life's Path, Attend to the Arising Moment, and for "extra credit," Explore Spiritual Purpose, insights accumulate. Direction is clarified and the authentic and unique life purpose each of us is meant to live illuminated.

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Editorial Review

Review

“Keys to a well-lived life. A lovely read filled with meaningful insight.”

— **Marianne Williamson**

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, the author of 17 books translated into 29 languages, teaches worldwide, speaking to people from all walks of life, including leaders in the fields of health, psychology, education, business, politics, sports, entertainments, and the arts. He lives in New York City.

Users Review

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