

[PDF] The Life You Were Born To Live: A Guide To Finding Your Life Purpose

Dan Millman - pdf download free book

Books Details:

Title: The Life You Were Born to Liv

Author: Dan Millman

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Description:

Review "The Life-Purpose System is absolutely amazing in its predictive value. It will help you sort out your life and guide you on the path of fulfillment."

--Deepak Chopra, M.D., author of *Ageless Body, Timeless Mind*) --Deepak Chopra, M.D.

Best-selling author Millman invites readers into the world of The Life Purpose System, a method of life-purpose analysis that is similar to numerology yet more practical, using the time of our birth as the indicator of right livelihood. Millman doesn't stop at discussing the eleven basic life paths or their several variations, but has much to say about the influence of spiritual laws, from flexibility and balance to discipline and perfection. Issues of relationship and the cycles of life complete this

ambitious work. -- *Napra Trade Journal, Holiday 1993*

The book is irresistibly accurate and helpful. Liz Bob says check it out. -- *Liz Bob, New Leaf Magazine, January/February 1996*

There's no doubt I'm a Dan Millman fan - I've reviewed his last three books in the pages of this magazine. His latest book, *The Life You Were Born to Live*, is by far the most comprehensive and helpful primer for changing non-productive patterns of behavior.

Millman's Life-Purpose System is designed to help you find new meaning, purpose and direction to your life. As a student of numerology, at first glance I thought it might just be an advanced numerological textbook, but upon further study I discovered a deeply-rooted tool to self-analysis (10 years of psychotherapy in 422 pages). By first calculating your Life Path number, (I'm a 24/6) you can determine your life purpose. Mine is Vision and Acceptance. Others might have to work on Trust and Openness, or Expression and Sensitivity, but Millmans book makes you realize that no matter what your life purpose is, you can attain it.

My life purpose is to accept myself and others for their imperfection. When I read the description about myself, I was shocked. It told me everything that I often feel about myself but have not understood before. Instead of doing my best and letting it go, I often get bogged down in the process. As a result, things, and sometimes people, never quite come up to my expectations and I am always disappointed.

As with all of Millman's books, there are only positive affirmations and ways to improve your feelings and actions. For each number combination, Millman helps you to understand your life purpose by working on health and relationship issues and determining your talents, work and financial abilities, as well as keys to fulfilling your destiny. All come together to allow you to truly understand yourself and the laws of spirituality that can change your life for the better.

Like all regimens of study, Millman's Life Purpose System has to be practiced to be effective. In my case I saw that part of my problem is wanting things to happen immediately, and not wanting to wait for the process to take effect. I think I have taken the first baby step in trying to change, first by reading Millman's book and then by writing this review without worrying about whether it was perfect or not. (Well, maybe worrying a little) -- *J. Renee Lobenfeld, Whole Life Times, November 1993* --This text refers to the edition.

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