



## Way of the Peaceful Warrior: A Book That Changes Lives

*Dan Millman*

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During his junior year at the University of California, while training to become a world-champion gymnast, Dan Millman stumbled on a 94-year-old mentor nicknamed Socrates, a powerful, unpredictable, and elusive character. He taught a way to maximize performance using a unique blend of Eastern philosophy and Western fitness to cultivate the true essence of a champion - the "way of the peaceful warrior." Millman's first-person account of his odyssey into realms of light, darkness, mind, body, and spirit has since become an international bestseller about the universal quest for happiness.



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