



The Life You Were Born to Live: A Guide to Finding Your Life Purpose

By Dan Millman



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Dan Millman presents an entirely new way of understanding life and the forces that shape it. The Life-Purpose System, a modern method of personal growth based on ancient wisdom, has helped thousands of people find new meaning, purpose, and direction in their lives. *The Life You Were Born to Live* features:

- the thirty-seven paths of life
- how to determine your life path and the life paths of others
- core issues, inborn talents, and special needs of each path, including health, money, and sexuality
- guidelines for finding a career consistent with your innate drives and abilities
- the hidden dynamics of your relationships
- how to live in harmony with the cycles of life

The Life-Purpose System explores key spiritual laws — universal principles specific to each life path — that help you clarify the past, understand the present, and shape the future. It can generate a quantum leap in self-understanding and may even change the course of your life.

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The Life You Were Born to Live: A Guide to Finding Your Life Purpose By Dan Millman Bibliography

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Editorial Review

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 Millman's 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

From the Publisher

To our readers: The books we publish are our contribution to an emerging world based on cooperation rather than on competition, on affirmation of the human spirit rather than on self-doubt, and on the certainty that all humanity is connected. Our goal is to touch as many lives as possible with a message of hope for a better world. - Hal and Linda Kramer, Publishers

From the Back Cover

In what has become a classic reference work read by over a million people worldwide, *The Life You Were Born to Live* presents a modern method based on ancient wisdom that has helped legions of people find new meaning, purpose, and direction. *The Life You Were Born to Live*, reveals a precise method to determine your own life path and the life paths of others; your core issues and hidden calling; your innate talents as well as challenges in areas of health, money, sexuality, and other areas.

It also includes guidelines to career and livelihood resonant with your drives and abilities, as well as a section enabling you to access immensely helpful insight into the issues of your personal and professional relationships -- and insight into the nine-year cycles of life and where you currently are in your own cycle.

Perhaps the most significant part of the book are key spiritual or universal laws -- keys to help you overcome the hurdles on your own particular path revealed earlier in the book.

This book has deepened the understanding and even changed the lives of countless people, and can help you to understand your past, clarify the present, and empower your future.

Users Review

From reader reviews:

Mary Tiller:

Do you have favorite book? When you have, what is your favorite's book? Publication is very important thing for us to understand everything in the world. Each reserve has different aim or perhaps goal; it means that guide has different type. Some people feel enjoy to spend their time to read a book. They are reading whatever they get because their hobby is usually reading a book. Think about the person who don't like reading through a book? Sometime, particular person feel need book once they found difficult problem or perhaps exercise. Well, probably you should have this *The Life You Were Born to Live: A Guide to Finding Your Life Purpose*.

Philip Kirkpatrick:

Playing with family inside a park, coming to see the water world or hanging out with buddies is thing that usually you could have done when you have spare time, and then why you don't try matter that really opposite from that. 1 activity that make you not experience tired but still relaxing, trilling like on roller coaster you already been ride on and with addition of knowledge. Even you love *The Life You Were Born to Live: A Guide to Finding Your Life Purpose*, you may enjoy both. It is great combination right, you still desire to miss it? What kind of hang type is it? Oh occur its mind hangout people. What? Still don't get it, oh come on its identified as reading friends.

Yolanda Powers:

Many people spending their time frame by playing outside together with friends, fun activity with family or just watching TV all day every day. You can have new activity to pay your whole day by looking at a book. Ugh, you think reading a book really can hard because you have to take the book everywhere? It ok you can have the e-book, bringing everywhere you want in your Cell phone. Like The Life You Were Born to Live: A Guide to Finding Your Life Purpose which is getting the e-book version. So , try out this book? Let's observe.

Johnny Abel:

Within this era which is the greater man or woman or who has ability in doing something more are more precious than other. Do you want to become among it? It is just simple method to have that. What you are related is just spending your time very little but quite enough to enjoy a look at some books. Among the books in the top list in your reading list will be The Life You Were Born to Live: A Guide to Finding Your Life Purpose. This book that is qualified as The Hungry Hillside can get you closer in becoming precious person. By looking way up and review this guide you can get many advantages.

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