

Everyday Enlightenment The Twelve Gateways To Personal Growth Dan Millman

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Everyday Enlightenment: The Twelve Gateways to Personal ...

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A former world champion gymnast and coach at Stanford and UC Berkeley, he's an awesome blend of East and West--with an unflinching focus on the PRACTICAL aspects of spirituality. In *Everyday Enlightenment*, Dan explores what he calls the "Twelve Gateways to Personal Growth": Discover Your Worth; Reclaim Your Will; Energize Your Body; Manage Your Money; Tame Your Mind; Trust Your Intuition; Accept Your Emotions; Face Your Fears; Illuminate Your Shadow; Embrace Your Sexuality; Awaken Your Heart;

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thought-out-of areas or gateways to pass through for optimal growth as a person emotionally, physically and spiritually. Some of the gateways are: self-worth, money, health, emotions, taming the mind, trusting your intuition, sexuality, love, and serving others.

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The Twelve Gateways to Personal Growth Guest: Dan Millman Bestselling Author of The Way of the Peaceful Warrior. Wouldn't it be great to have a road map for life? Bestselling author and wisdom warrior Dan Millman brings enlightenment down to earth. Shift confusion to clarity and discover how to balance your mind, body and emotions.

Dan Millman: Everyday Enlightenment - Danielle Lin Show

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