



Living With the Wind at Your Back: Seven Arts to Positively Transform Your Life

David Shaner

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Is there a way to heal the modern heart and mind? Is there a means by which we can transform ourselves in order to reach our full potential? Can we learn to unify our body, mind, and spirit in such a way that leads to interconnection, shared values, and a greater sense of community? In *Living With The Wind At Your Back*,

"David Shaner describes how to remain calm, centered; he edges the reader closer and closer into to a life of joy, fulfillment, growth, and social contribution. This is an important book for our times, for it seeks to help you connect with something larger than yourself."

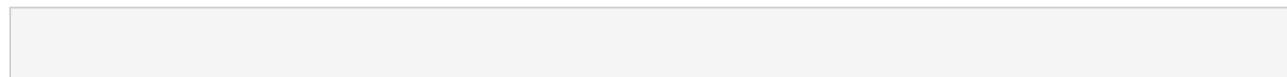
From the Foreword by Robert E. Carter
Professor Emeritus, Trent University

This book is as entertaining as it is profound. Shaner has a knack for identifying, understanding, and anchoring deep universal principles by drawing from our shared and most basic human experience. Using the everyday question model "Have You Ever Wondered About X, Y, or Z?" as a central teaching and organizing principle, the author manages to pose 110 daily life questions that we all have in common. In this way, there are 110 invitations to reflect upon your own life in new and personally meaningful ways. Readers are encouraged to ask, "What life lessons can be learned from first observing, and then reflecting upon, my own daily life experience?"

The stories are both colorful and across the map. You might even find yourself asking,

- How can the Seven Arts change process drive positive results for a professional sports team or a Fortune 500 company?
- How is personal growth and development related to serving as an uchi deshi (live-in student) with Ki-Aikido Founder, Koichi Tohei Sensei in Japan?
- What does the Pitkin County (Aspen, CO) Sheriff's Department and the security team at Caesar's Palace and the Mirage in Las Vegas have in common?
- What do Harvard biologists Stephen Jay Gould and Edward O. Wilson have in common with the Emperor of Japan?
- What does Dynamic Breathing and Meditation have in common? What can these disciplines teach us about being the best we can be?

Not only are Shaner's stories and accomplishments engaging in their own right, but when taken to heart, they point the way for all of us to connect more deeply first to our own daily life experience, and then to the world around us. His specific guidelines and suggested exercises inspire a path that leads to a rich and fulfilling life. You do not need to be a superman to walk this path and positively improve your life. Wherever you are, no matter what your past experience and circumstance may be, by asking key questions of yourself you can make the Seven Arts exercises a beacon or waypoints for your daily practice. With discipline and patience, positive life changing transformation will occur.



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Cheri Turner:

This Living With the Wind at Your Back: Seven Arts to Positively Transform Your Life is great guide for you because the content that is full of information for you who else always deal with world and have to make decision every minute. This specific book reveal it facts accurately using great organize word or we can say no rambling sentences in it. So if you are read it hurriedly you can have whole data in it. Doesn't mean it only provides you with straight forward sentences but tricky core information with beautiful delivering sentences. Having Living With the Wind at Your Back: Seven Arts to Positively Transform Your Life in your hand like obtaining the world in your arm, information in it is not ridiculous a single. We can say that no reserve that offer you world in ten or fifteen moment right but this book already do that. So , it is good reading book. Hey there Mr. and Mrs. hectic do you still doubt that?

Michele Brown:

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