

Untitled Document

You very seldom get what you deserve in life. Instead, you get what you think you deserve. The problem

It's not as if you wake up one morning and say to yourself: "I think I'll ruin my relationship today. Hey, w

Dan Millman says that you limit or sabotage your efforts and undermine your relationships, finance

Dan, a former world champion athlete, university coach, martial arts instructor and college profess

In his course, 'Master the path of the peaceful warrior', Dan says that our sense of self-worth deter

According to Dan, you have to bear in mind that you have been subconsciously rating yourself since

Dan uses the example of abuse. If you were abused as a child, the abuser was responsible; not yo

Right off the bat Dan makes it clear that sometimes bad things just happen. You didn't cause them

However, when we make choices that lead to difficulties, it is worth understanding where they com

Our lives are mostly shaped by the choices we make, and the actions we take. Dan says that if life

If the answer is "someone else" – say your boss or spouse appears to be the cause of your sufferin

What do you deserve?

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You can only change your life once you stop blaming someone else for your problems. This doesn't

When looking back on your life, have you wondered, why on earth did I say that? Why did I do that?

When you understand that many of your choices have had to do with self-worth issues, you can finally

Dan makes it clear that coming to appreciate your innate worth has nothing to do with putting your

You know what, girlfriend? When it comes to making choices I sort of go the way of the Hippocratic

Come to think of it, when I was 24 years old someone, whose opinion I really valued, told me that I

Only now do I realise that I never said thanks to what was probably the biggest compliment anyone

Dan says that if you have debts to pay, "then pay them forward in the currency of kindness to others"