



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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From reader reviews:

Myra Flory:

Have you spare time for a day? What do you do when you have far more or little spare time? Yes, you can choose the suitable activity to get spend your time. Any person spent their own spare time to take a go walking, shopping, or went to typically the Mall. How about open or read a book called Living With the Wind at Your Back: Seven Arts to Positively Transform Your Life? Maybe it is to be best activity for you. You recognize beside you can spend your time using your favorite's book, you can more intelligent than before. Do you agree with the opinion or you have various other opinion?

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Mark Spears:

With this era which is the greater individual or who has ability to do something more are more precious than other. Do you want to become one among it? It is just simple approach to have that. What you should do is just spending your time little but quite enough to experience a look at some books. One of several books in the top checklist in your reading list is usually Living With the Wind at Your Back: Seven Arts to Positively Transform Your Life. This book and that is qualified as The Hungry Hills can get you closer in growing to be precious person. By looking right up and review this guide you can get many advantages.

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