



There's a Spiritual Solution to Every Problem

By Wayne W. Dyer

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NATIONAL BESTSELLER FROM ACCLAIMED AUTHOR WAYNE DYER

In this inspiring book, bestselling author Wayne Dyer draws from various spiritual traditions to help us unplug from the material world and awaken to the divine with.

With his trademark wit, wisdom, and humor, bestselling author Wayne Dyer offers compelling testimony on the power of love, harmony, and service. When confronted with a problem, be it ill health, financial worries, or relationship difficulties, we often depend on intellect to solve it. In this radical book, Dyer shows us that there is an omnipotent spiritual force at our fingertips that contains the solution to our problems.

The first part of the book provides the essential foundation for spiritual problem solving, drawing from the wisdom of Patanjali, a Yogi mystic; the second half is organized around the prayer of Saint Francis of Assisi, whose legacy is one of love, harmony, and service. Each chapter contains specific practical applications for applying the teachings of these wise men to everyday problems, including affirmations, writing exercises, and guided meditations.

Profound and thought provoking, yet filled with pragmatic advice, *There's a Spiritual Solution to Every Problem* is a book about self-awareness and tapping the healing energy within all of us. As Dyer writes, "Thinking is the source of problems. Your heart holds the answer to solving them.

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Editorial Review

Amazon.com Review

With his usual mix of enthusiasm, optimism, and anecdote, Dr. Wayne Dyer is back again to emphasize that we are in control of our life experiences. Quoting everything from the Bible to *The Tao of Pooh*, he returns continually to his central point: with truth and self-awareness, all things are possible, including physical healing, improved relationships, and great personal accomplishment. *There's a Spiritual Solution to Every Problem* dissects what is meant by the word *problem* and shows us how to achieve our deepest wishes with surprisingly simple suggestions.

Illustrating the possibilities with a variety of stories and letters, Dyer manages to nicely balance the whimsical with the practical. On one page, you'll find straightforward advice like, "If you are honest and frank, people may cheat you. Be honest and frank anyway." In the next section, you'll find a long explanation of the importance of finding "the potential to keep your field of energy uncontaminated." Some may find this disconcerting, yet it also allows careful readers to search out the particular story or method that works for them. Anecdotes from addicts, parents whose children have died, and hospital patients are strewn throughout the book, as are references to Dyer's previous works and lengthy passages from other spiritual authors. In every case, these stories showcase the power of positive thinking and using those positive thoughts to manifest positive change. Although this attempt at changing the world one thought at a time is not vastly different in tone or message from Dyer's previous works, his fans will nevertheless appreciate it. --*Jill Lightner*

From Publishers Weekly

The first half of this book is virtually interchangeable with any number of manuals by Deepak Chopra, John Bradshaw and Marianne Williamson. Self-help guru Dyer urges readers not to let their problems get them down; problems, he chirps, are just illusions anyway. Like many other pop spirituality writers in our multicultural age, Dyer draws on spiritual wisdom from the world over, peppering his pages with quotations from the Bhagavad Gita and the Bible. Dyer too often veers into the blatantly self-promotional, weaving in letters from readers who say their lives have been utterly transformed by following his advice. But the second half of the book an extended meditation on Francis of Assisi's well-known prayer "Lord, make me an instrument of your peace" distinguishes this offering from the rest of the self-help pack. Dyer urges readers to choose peace, to think about the sun's light and energy when they stumble into a place of darkness and to focus on hope when all they feel is despair. He advises acting loving in situations filled with anger and hate, letting go of fear and "shifting from pessimism to optimism." These aren't breathtakingly original suggestions, but Dyer, returning again and again to the words of St. Francis, presents such familiar lessons in a fresh and loving way. Dyer's large and loyal following will enjoy this book, but he would have done his readers a favor by lopping off the first 140 pages.

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From Library Journal

A popular author and lecturer for over a quarter-century, Dyer continues his teachings into the world of the spirit. This set is in many ways hard to peg: it is spirituality, but also psychology, self-help, philosophy, religion, and health all combined. But then the author would doubtless be pleased that his work is so all-encompassing. One of the central themes of these lectures is Dyer's teaching on living the famous prayer of St. Francis. From this comes his premise that the secret to solving our problems comes from within

ourselves, from our spiritual side. He is a very engaging speaker, who is wonderfully gifted in telling stories, relating ideas, and in general keeping an audience interested. In this recording, he masterfully displays these skills. The production quality itself is very good, especially when one considers that this is a live broadcast. Recommended for public libraries where Dyer's writings, or those of similar views, are popular. Michael T. Fein, Central Virginia Community Coll., Lynchburg
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