



There Is A Spiritual Solution to Every Problem

By Dr. Wayne W. Dyer



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Dr. Dyer emphasises that the secrets to solving problems reside within our very own selves, just waiting for us to tap into this vast reservoir of spiritual wisdom. He presents specific exercises, affirmations, and meditations to help us awaken our spiritual power, while relating fascinating and entertaining stories based on his own life, interactions with those on his path, and the world of alternative healing.

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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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