



The Psychosomatic Survival Guide

Dan L Dudgeon

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A carefully structured combination of essays and stories - partnering fiction with nonfiction - based on years of research, and the author's personal philosophy and experiences, *The Psychosomatic Survival Guide* directs the reader toward a clearer, more positive path for living in today's fragmented, and often mentally negative, modern world. The Guide traverses a course that thoroughly entertains as it evolves into a developing tale of characters finding personal discovery of life, while, at the same time, explaining its own purpose as a guide.

The Psychosomatic Survival Guide is both an explanation and a celebration of the Human Experience. Partially comedic, partially spiritual, and entirely fulfilling, it may be the most entertaining advice that money can buy.

From the Back Cover

When someone utters the phrase, 'Stop and smell the roses,' it conjures up a mental image of two possible personality types: one that has been run ragged by the fast pace of modern society, and just needs a break or some stress-relief; and one that has sniffed the roses, but wants to know the *deeper* meaning of why one should do this. This guide is intended for those of you, who, like both the smeller of roses *and* the runner of rat races, seek a larger, more beautiful understanding of the magnitude of existence, among other things.

From the Author, Dan L Dudgeon

I originally wrote this Guide in 1996 for two different reasons: one, a 'survival guide' was a format that I felt best encapsulated what I needed to express to others; and two, as an answer to what I perceived as an ongoing theme of total confusion in the world of metaphysics and spiritual enlightenment. In the recent past, numerous authors, filmmakers, and self-entitled New Age gurus had created an enormous realm of half-truths and almost-answers, toppling over onto a base of subliminal religious fundamentalism. This situation created in me a sense of anger and distress, not only because of the unbridled lack of responsibility by these persons, but because of the fact that I could personally see through all the hype and confusion, yet had no channel through which to pass along my own wisdom. So, I grabbed a pen and paper and didn't stop until I had what I considered to be a complete work.

It has taken me ten years to publish because I have had to work for a living, and editing and refining a text of this size requires time and mental dedication, resources which I have not had in abundance. However, due to what I have witnessed more recently as an *urgent* need for clarity, I have finalized and published my guide.

Now I present to you *The Psychosomatic Survival Guide*. I enjoyed writing it, and I hope you enjoy reading, and maybe get a little light of understanding in the process.

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From reader reviews:

Charles Eiland:

Precisely why? Because this The Psychosomatic Survival Guide is an unordinary book that the inside of the guide waiting for you to snap it but latter it will jolt you with the secret that inside. Reading this book adjacent to it was fantastic author who have write the book in such awesome way makes the content interior easier to understand, entertaining approach but still convey the meaning thoroughly. So , it is good for you because of not hesitating having this ever again or you going to regret it. This unique book will give you a lot of rewards than the other book have got such as help improving your proficiency and your critical thinking method. So , still want to hold off having that book? If I were you I will go to the e-book store hurriedly.

Betty Giuliani:

The Psychosomatic Survival Guide can be one of your beginner books that are good idea. Many of us recommend that straight away because this book has good vocabulary that could increase your knowledge in vocab, easy to understand, bit entertaining but delivering the information. The author giving his/her effort that will put every word into satisfaction arrangement in writing The Psychosomatic Survival Guide although doesn't forget the main level, giving the reader the hottest and also based confirm resource data that maybe you can be among it. This great information may drawn you into brand-new stage of crucial considering.

Rana Jensen:

Reading a book to become new life style in this season; every people loves to examine a book. When you read a book you can get a lot of benefit. When you read textbooks, you can improve your knowledge, because book has a lot of information into it. The information that you will get depend on what forms of book that you have read. If you want to get information about your examine, you can read education books, but if you act like you want to entertain yourself you can read a fiction books, this kind of us novel, comics, along with soon. The The Psychosomatic Survival Guide provide you with new experience in looking at a book.

Bonnie Wilson:

As we know that book is very important thing to add our knowledge for everything. By a e-book we can know everything we wish. A book is a pair of written, printed, illustrated or maybe blank sheet. Every year had been exactly added. This book The Psychosomatic Survival Guide was filled in relation to science. Spend your time to add your knowledge about your technology competence. Some people has diverse feel when they reading the book. If you know how big selling point of a book, you can sense enjoy to read a book. In the modern era like currently, many ways to get book that you just wanted.

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