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## The 10 Commitments

By David Simon

Jaico Publishing House, Delhi, India. Softcover. Book Condition: New. In the spirit of both Eastern and Western traditions, Dr. David Simon shows how changing our mindset from commandment to personal commitment can help us make the life transformations we want and need. We were raised on the Ten Commandments and unfortunately most of us use the philosophy of 'thou shalt not' (eat too much, drink too much, work too hard, etc.) to command ourselves to change. Dr. Simon encourages us to embrace the power of commitment to create a life of greater peace, vitality, love and purpose. Through commitment to loving more openly, embracing abundance, relaxing, and being authentic, we can translate our desires into actions that bring about transformation and healing. Printed Pages: 214.



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