



# 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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#### **Viola Ball:**

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