



The Ten Commitments: Translating Good Intentions into Great Choices

David Simon M.D.

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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 be authentic, love more openly, embrace abundance and relax, we can translate our desires into actions that bring about transformation and healing.

"In this fascinating and uniquely insightful book, David explores the core tenets of Western spiritual values and demonstrates how, with a subtle yet powerful shift in perception, the essential truths of East and West merge to create a compelling vision for a better world."

-Deepak Chopra

"Written by one of the most brilliant thinkers of our times, The Ten Commitments will take you on an irresistible journey of awakening, providing tangible steps for translating ideas into action and desires into results."

-Debbie Ford, bestselling author of The Dark Side of the Light Chasers and The Best Year of Your Life

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