



# The Dance

*By Oriah Mountain Dreamer*

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The Dance picks up where cult bestseller The Invitation left off, taking the ideas deeper. This poem explores our ability to open up to the adventure of living, facing love, sorrow and anger and learning all they have to teach us, taking readers on an inspiring journey of the heart. Now reissued with a beautiful new cover design. Written by the author of the cult bestseller The Invitation, The Dance picks up where The Invitation left off, taking the ideas further. Each chapter of this inspirational book begins with a line from the poem The Dance and explores and expands upon the questions it raises, showing us how we can open ourselves up to the adventure of living and face love, sorrow and anger and learn all they have to teach us. Among the ideas Oriah Mountain Dreamer explores in this extraordinary book are: \* Relationships - what we get wrong and how to fix them \* Money - what it means and how to enjoy it \* Ways to overcome fear and loneliness \* Humour - how to be happier \* How to find balance and harmony in your life. Oriah Mountain Dreamer answers each of her insightful questions by taking readers with her on a deeply personal, yet universal and inspiring, journey of the heart.

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### Editorial Review

#### Review

'You have a true higher self, and this book tells you how to come from there all the time and be authentic and make a lasting difference.' Mark Victor Hansen, co-author of *Chicken Soup for the Soul* 'To read *The Dance* is to invite all the far-flung parts of yourself ... back onto the dance floor for a slow and sweet waltz. At the end of the dance, you have whirled yourself back into one whole person.' Elizabeth Lesser, author of *The Seeker's Guide*

#### About the Author

Oriah Mountain Dreamer is a workshop leader and writer. Her name was given to her by the Native American elders to whom she was apprenticed, and means 'one who likes to push the edge and can help others do the same'. She lives in Toronto and runs workshops and retreats all over the world. Her other books include the international word-of-mouth bestseller *The Invitation* and *The Call*.

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