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## BOOK REVIEW

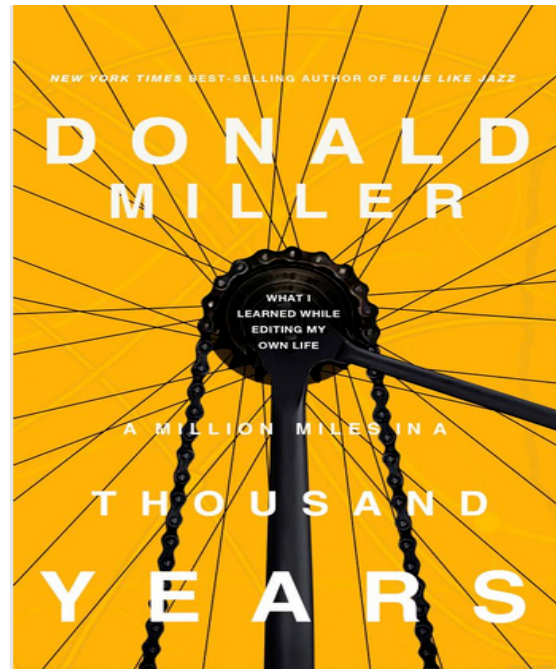
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### "A Million Miles in a Thousand Years" by Donald Miller

**Random House: New York**  
**ISBN 13: 9781400202980**  
**ISBN 10: 1-4002-0298-1**

[Paperback for around US\$12.37  
on [www.amazon.com](http://www.amazon.com) for a new copy;  
From US\$3.79 for a used copy; Kindle  
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Author Donald Miller is back with another amazing book since the best-selling Blue Like Jazz. His newest book "A Million Miles in a Thousand Years" shows the implications and effects of people try to live a boring life. It's a meaningful narrative which also manifests the maturity of the author. He simply thinks beyond his years of experience. His book provides useful insights to people of all ages.

The book is just very entertaining and an easy read through his vivid writing. He shows us how to get a second chance at life in a frank and hilarious manner. Miller retains most of his characteristics in this book and adds a more mature side of him while he reflects on the journey of his life.

The book considers the reality that all people have their own story, whether good or bad. Most people know better the story of others than their own and Miller considers this fact as the saddest thing about life.

Miller got the bright idea about making this book when two filmmakers approached him to make a movie of the book *Blue Like Jazz*. The production staff did some changes to his story to make it more interesting and meaningful. While reflecting what the filmmakers did to his story, it came to his mind that the way he lived life wasn't the way to produce a great story, so he decided to change it. He learned that there are common things that can make a great story. The establishment of a great hero, the important events that greatly affect that hero, and the pain that the hero needs to handle to make the best possible ending of the story.

Basically, the book wants to convey to the readers the reality about life.

1. People are the master of their own stories.

Each life tells a story. To make life tells a great story, a person should make decisions that will make a story amazing. Choices should be made despite risk that they may bring to life.

2. Amazing stories have characters who are determined to achieve something big.

If you watch a movie of a person wanting to get a house and working for many years to buy one, you will not cry at the end when that man is living in his dream house. It takes something impossible to achieve to let us really care about the story.

3. We pay attention to people who overcome many obstacles.

Journey in life has many curves and detours, but these obstacles are things that make people want to do more, care more, and make life more interesting. Curves and detours can build character and that makes life better.

4. People care about someone who made sacrifices for a cause.

It is not enough to survive from curves in life. To build an impressive or epic life story, one should sacrifice, such as giving out something more than what is ideal or reasonable.

5. Fear is a major obstacle in making better stories.

While fear can make us safe at times, it is also a manipulative emotion that can make life boring and prevent us from stepping out, risking and being great.

6. Amazing stories have memorable and unique happenings.

Anyone can have a happy and enjoyable life by just doing ordinary things, but memorable experiences are hard to find in this kind of life. Memorable experiences are those things that stand out from the ordinary.

7. Extreme experiences are still not enough.

Jumping out of the plane with a parachute is an extreme activity, but it is still considered a nice jump. There is nothing much at stake even though not all people can do that. Putting yourself on the line with a bigger task can make life meaningful.

8. A good redemption story can make a life story amazing.

9. A tree can be a major character in any story of a forest, but the story of the forest is better than the tree itself.

No matter how you want to be the central character in your own story, such a story only focuses on you and your own perspective and not on anyone else. However, the best thing to do is find a place where your story can coincide with others around you where you can create a great life story.

After reading this book from start to finish, you can fully understand those lessons mentioned earlier. Your story will become different after reading it. You might reflect what kind of story you are living and how active you are in your own plot and direction. You may also ask yourself who are the characters involved in your story and your role in that story as well as what challenges you should overcome and pain you should embrace.

[Dr Darryl Cross is a clinical and organisational psychologist as well as a credentialed executive and personal coach. He is also an author, international speaker and university lecturer. Dr Darryl assists people to find their strengths and reach their goals. Further information on Dr Darryl can be seen at [www.DrDarryl.com](http://www.DrDarryl.com)]