

---

## BOOK REVIEW

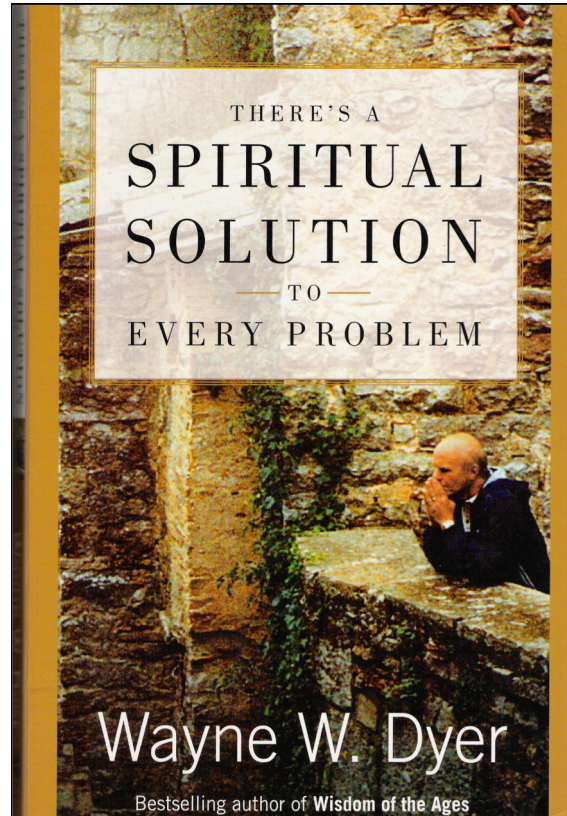
---

### **"There's a Spiritual Solution to Every Problem"** **by Wayne Dyer**

**Harper Collins: New York: 2003**  
**ISBN13 - 978-0060929701**  
**ISBN10 – 0060929707**

[Buy Paperback for around \$12.15  
for a new copy on [www.amazon.com](http://www.amazon.com) ]  
Kindle US\$9.78  
DVD (Used) US\$24.50  
Audio tapes; new; US\$14.48-\$19.95

**Reviewed by Dr Darryl Cross,**  
**leadership & careers coach**  
**& psychologist**  
[www.DrDarryl.com](http://www.DrDarryl.com)



---

This book marked a shift in Dr. Dyer's impressive and award-winning career as a self-help advocate, author, and lecturer. His earlier well-known books such as *Your Erroneous Zones* (1976) and *Keys to Higher Awareness* (1993) focused mostly on mind over matter and the psychology of self-improvement. You might recognize one of his famous passages: "If you don't mind, it doesn't matter."

However, with *There's A Spiritual Solution to Every Problem*, he addresses the spiritual, focusing on higher-self guidance and sowing love. Part I of the book, called "Essential Foundations for Spiritual Problem Solving," lays a foundation of wisdom regarding truth

and self-awareness, calling on Yogi mystic Patanjali for some of the revelations, and forwarding the message that the spiritual force is everywhere. Dr. Dyer's acknowledgment in the front of the book is to Saint Francis of Assisi (1181-1226), and he devoted Part II of the book, "Putting Spiritual Problem Solving into Action," to specific suggestions for spiritual problem-solving through a study of the Prayer of Saint Francis of Assisi, which begins "Lord, make me an instrument of thy peace." Some fans of Dyer feel this book was his best to date (2003), and many cite the second half as their favorite part and the most illuminating. These chapters are:

7. Lord, Make Me an Instrument of Thy Peace
8. Where There Is Hatred, Let Me Sow Love
9. Where There is Injury, Pardon
10. Where There is Doubt, Faith
11. Where There Is Despair, Hope
12. Where There Is Darkness, Light
13. Where There Is Sadness, Joy

Throughout the book are anecdotes drawn from Dr. Dyer's extensive experience helping clients, his own life experiences, passages quoted from religious texts and other spiritual authors, letters he received from people who benefitted greatly from his teachings, references to his previous works, and other stories. He combines Western and Eastern philosophies to reinforce his message and bring it to us in a universal way. His works are known for their humour, which also allows us to relate very easily to his messages, and this book is no exception.

In his forward, Dr. Dyer relates spiritual problem-solving to his person life. Just after writing most of the book he had a heart attack. He thought, "I do not smoke or drink; I am not overweight; I exercise every day and have done so for twenty-five years. I watch what I eat; I meditate; I do what I love, and love what I do. I have a great marriage and wonderful children. I don't do heart attacks!...I remembered that I could bring the energy of spirit right there to that hospital room. By doing so I could turn this thing around and no longer wallow in the low energy of self-pity, injury, sadness, fear, and doubt." Much of *There's A Spiritual Solution to Every Problem* instructs us how to do that very same thing in our own lives through truth, self-awareness, love, and the spiritual.

It addresses problem-solving, improving relationships, tapping healing energies, and directing your energy toward the positive rather than the negative, and toward love.

"Thinking is the source of problems. Your heart holds the answer to solving them."

"Remember it is your ego that is the most formidable obstacle to the attainment of God. It is your identification with this idea of yourself as separate from God that creates your so-called problems. By giving yourself only a few moments of alone time which I call God-time, you become an instrument of peace if only for those moments."

The essence of *There's A Spiritual Solution to Every Problem* is how to awaken to the divine within, align your life and energy with your creator, and achieve a spiritual practice. For example, Dr. Dyer explains how to refuse to reflect hate in your life in order to achieve the line from The Prayer of St. Francis of Assisi that goes "Where there is hate, let me sow love." He tells you how to change your inner image in order to bring the light of truth to the world. Impressive stuff for our age! And he tells us that God is ready, willing, and able to help all of us solve our problems. This book is truly optimistic and uplifting.

[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)]