



Lessons of a Lakota: A Young Man's Journey to Happiness and Self-Understanding

Billy Mills

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In this Native American allegory, a young Lakota boy named David is despondent over the death of his sister and fears that he will never know happiness again. His father gives him a gift, a scroll with seven pictures, which properly understood, hold the keys to self-understanding. In an entertaining and deeply moving way, *Lessons of a Lakota* blends traditional Native American beliefs in meditation, dreams, and respect for the harmony and balance of nature, with more modern principles such as positive thinking and self-awareness. This book will teach you about yourself, show you what it means to be happy, and lead you on your own personal journey to inner peace.

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