



### **The Path of the Warrior-Mystic**

Being a Man in an Age of Chaos

**Angel Millar**

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## **Media Questions**

1. Why were you inspired to write this book? Why do you think men need such a book at this time?
2. The book takes us on a journey from the “duality” of the knight to the wholeness of the Higher Man. How does this reflect your own life journey?
3. Plato believed that men should be educated through the arts of music, wrestling, and philosophy and you, too, encourage men to develop different sides to themselves, e.g., practicing an art and a martial art, for example. Why is this important?
4. We went through the Covid19 virus, with much of America and much of the world lockdown by their governments, with millions of people forced to remain apart from friends or family and a lot of people living in fear of the virus. What lessons does your book have for us in the post-Covid19 world?
5. You encourage men to cultivate faith as a way of overcoming fear. Can you explain that? And why do you think there is so much fear – and so much desire for safety and protection – in today’s world?
6. You talk about becoming conscious of the body and the face and learning to relax the as part of developing an ego that more accurately reflects one’s true self. Can you explain this?
7. In the book, you mention that in the late 1970s two-thirds of the population still attended meetings of a club (such as voluntary association or fraternity) but that in a space of ten years, from 1985 to 1994, there was a 45 percent drop in the involvement of clubs or societies. Today, people are spending more and more time online and have few actual friends that they can rely on. Many people seem to want to stay in and be protected from

the world. What's gone wrong, in your opinion?

8. You mention a theory of Ibn Khaldun, the first sociologist. He believed that dynasties (or we could call them cultures, nations, or societies) go through three stages and eventually collapse. Can you explain these stages and what stage you think we're at?
9. Running through the book, there are references to the Middle English tale *Sir Gawain and The Green Knight*. Can you tell us about that tale and why you think it's relevant to the world we live in today?
10. You look at changing attitudes and changing culture in the book. For instance, you talk about how, around a couple of centuries ago, art (painting) began to change. You point out, for example, that we begin to see a lot of paintings of figures from behind, so instead of seeing their faces, we see the back of their heads. Can you tell us about what this means?
11. You talk about the "critic" and the fact that we are bombarded by criticism and complaining in the media and on social media. And you also encourage us to turn from critic to "creator." What do you mean and why is this important?