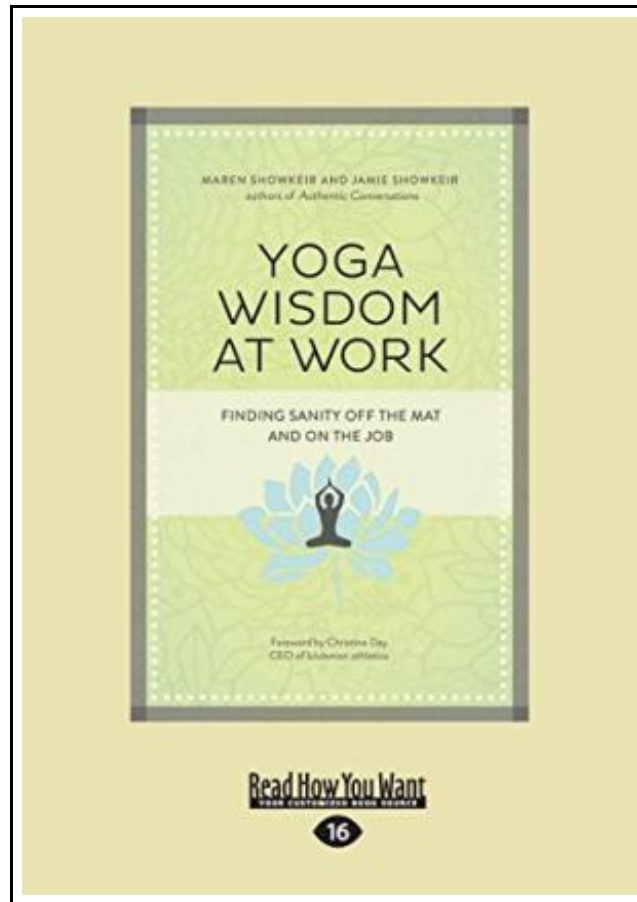


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(Prof. Stanley Hermiston)

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ReadHowYouWant.com Ltd, Canada, 2013. Paperback. Book Condition: New. [Large Print]. 254 x 197 mm. Language: English . Brand New Book ***** Print on Demand *****.In the Western world, the yoga practice associated with doing poses on a mat benefits millions of devotees every day. Yet few people realize that the physical practice is rooted in a larger philosophy offering profound insights that can help people confront the complexities of daily life, especially at work. Maren and Jamie Showkeir s unprecedented book brings into crisp focus the full range of yoga s rich, transformational benefits. Based on the traditional Eight Limbs of Yoga (the postures, or asanas, are only one limb), it offers straightforward, practical suggestions on how to integrate yoga s ancient philosophy and beautiful spiritual principles into the modern workplace. The Showkeirs know firsthand how yoga s wisdom can make work - and life - more rewarding and worthwhile. They explain each of yoga s tenets and show how a broad, steadfast practice leads to a productive, creative, and energizing work environment. The book offers illuminating stories from people in professions such as banking, law enforcement, film directing, education, and more. These living examples illustrate how yoga s teachings reduce stress and increase meaning and satisfaction at work. The Showkeirs believe passionately that a physical practice alone will barely scratch the surface of yoga s transformative powers. Much more than a simple how - to book, Yoga Wisdom at Work is an invitation to use the Eight Limbs to cultivate the spark of the divine that dwells within each of us. Yoga s precepts offer you the keys for staying centered, compassionate, positive, and sane every hour of the day - including from nine to five. A significant contribution to the body of literature bridging East and West, the...



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