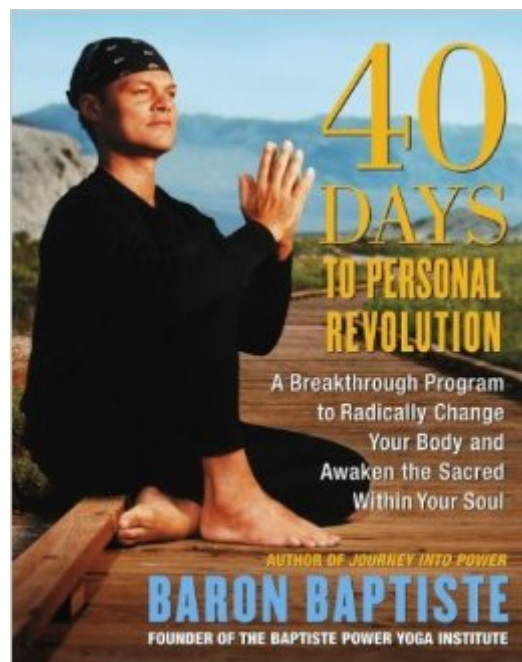


The book was found

40 Days To Personal Revolution: A Breakthrough Program To Radically Change Your Body And Awaken The Sacred Within Your Soul



Synopsis

Let the Revolution Begin "Now" In "40 Days to Personal Revolution," Baron Baptiste -- one of the world's most beloved master yoga teachers -- inspires us to transform more than body and mind: He gives us the tools we need to set ourselves free to live the healthful life we've always imagined. In the next 40 days you will create a whole new way of being and living. Tapping ancient wisdom and his own personal experience, Baron has created a relevant and completely practical program that will lead you to the clarity of mind, body, and spirit that awaits on the other side of your revolution. Baron's Basic Laws of Transformation, based on timeless principles of growth, serve as the philosophical underpinning of the 40-day journey and demonstrate that radical change can come from making even the smallest shift. The program itself is divided into five weeks, with the seventh day of each devoted to active rest. Each week builds on the lessons of the one preceding it and includes: - a yoga practice to do every day- principles to cleanse your body, along with a specific eating plan- instructions to begin and deepen a meditation practice- excavation questions to root out limiting beliefs and patterns Baron ends with a section on Daily Practices for Living an Enlightened Life, to help you maintain your new state of mind and health in every moment of your life. From here you will go beyond your revolution and discover your own personal purpose and way of living.

Book Information

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Customer Reviews

If you found "Journey Into Power" (Baron's first book), to be a life changing book (I also have it on CD and listen to it all the time for inspiration), Baron has produced another excellent guide along the

path of his approach to yoga. While I must admit that I haven't followed the plan on a week by week basis, I have already been doing yoga daily for 8 years and have a very well established practice which I vary daily (I have over 70 videos of every imaginable style of yoga). A big part of the reason that I purchased this book is because I was curious to see how he broke the sequences down for the various weeks. I like the way he lays out the routines in the series of photographs in the back section of the book, very useful! The excavation questions in the meditation sections are useful as well as the principles he outlines in the first part of the book. The last section is also very useful in terms of applying yoga to one's whole life and not just what happens on the mat. I did find Baron's nutritional principles ("The Cleansing Diet" and "The Detoxifying Cleanse") a bit easier to follow in "Journey Into Power", but there was still much interesting "food for thought" in this new book :) Baron's approach to eating is not a "diet" in the way the word is typically used, it's just really an approach to eating vital, living and unprocessed foods along with the psychology behind your relationship to food. As far as practicing Yoga, in general I feel it's much easier to work with his Video/DVD programs than any book, even those as excellent as Baron's. His video/dvd programs are the best I've seen if you want a real "physical" yet sensible practice.

I have to admit I have an ambiguous relationship to this book. I admire the author's credentials and experience and the contents are organized around a 40 day plan which is a great idea. However, I think there are some important gaps if this is your only reference. First, the best part about this book is progressing and deepening your commitment a day at a time. This is a great way to change your life and the ideas presented are useful and cover physical, mental and spiritual practices. The book is also well-illustrated and provides basic instruction on the most important asanas. What I feel is missing here is more depth on the appropriate and safe ways to practice the asanas. If one is attending regular yoga classes or has a teacher, then I think the instructions are adequate. However, I think it's particularly important for beginners to focus on the details and if you purchase this book I would get something to supplement it such as Judith Lasater's "The 30 Essential Yoga Poses" and/or "Dancing the Body of Light" by Dona Holleman. If you have a bad back or neck, then it might also be worth purchasing "Back Care Basics" by Mary Pullig Schatz. (The Pilates back book might also be helpful, but it is not as comprehensive and it's not a yoga book per se.) Some other aspects of this book that I like is the broad scope that covers philosophy, diet, meditation and routines that build up over time. It also talks about dealing with resistance and has a very motivational tone. While this approach may be a bit aggressive for non-athletes or people who are casually acquainted with yoga, the challenge will appeal to more serious students and athletes.

who want to move forward quickly and are already in relatively good shape.

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