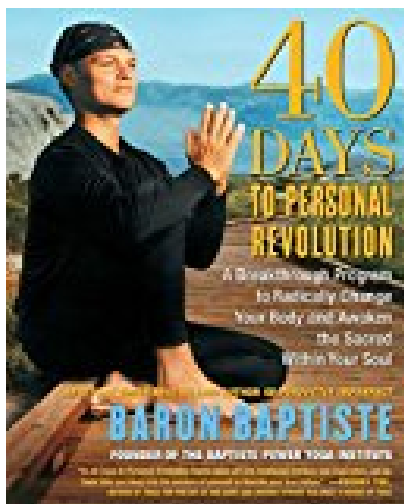


40 Days to Personal Revolution



BOOK DETAILS

- Author : Baron Baptiste
- Pages : 250 Pages
- Publisher : Simon & Schuster
- Language : English
- ISBN : 0743227832

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BOOK SYNOPSIS

New York Times bestselling author of Perfectly Imperfect From Baron Baptiste, author of Journey Into Power and the “spiritual master driving the yoga revolution” (Self), a hands-on, step-by-step guide to adapt to your needs and lifestyle to make your body sleek, your mind clear, and your spirit light. 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 forty 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. Each week includes: -A yoga practice to do every morning -Principles to cleanse your diet along with eating plan -Instructions to begin and deepen a meditation practice -Excavation questions to root out limiting beliefs and patterns Let the Revolution Begin Now!

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