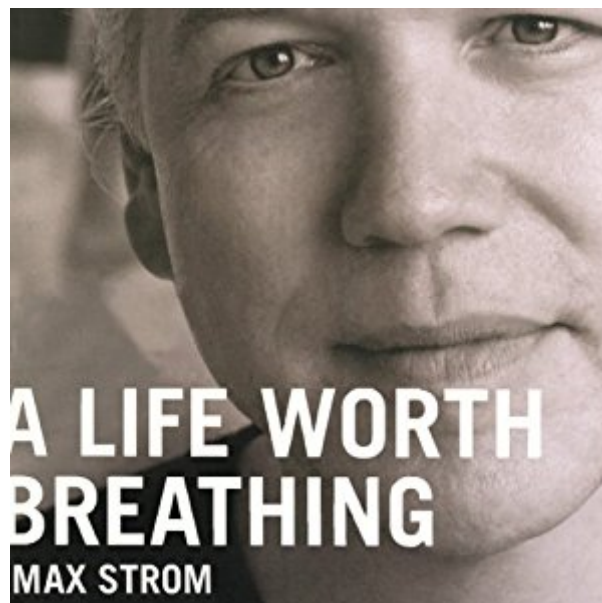




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# **A Life Worth Breathing: A Yoga Master's Handbook Of Strength, Grace, And Healing**



## Synopsis

We can do more with this life. We all know it, we all wish for it, but just how to do it that eludes us. In his new book, *A Life Worth Breathing*, internationally renowned yoga teacher and spiritual philosopher Max Strom shows us the way. His groundbreaking book reaches past expected dogma in a language that is vital, inspired, and accessible. Strom leads us on a journey of self-discovery as we excavate our past in order to have a better understanding of our present. According to Max Strom, "We live in fear of terrorism but in actuality the most devastating terrorism comes from within us as we sabotage ourselves." With practical techniques, *A Life Worth Breathing* offers us a path to transformation with visionary insights on forgiveness, gratitude and self-empowerment. The teachings are rooted in Yoga, Sufism and Eastern philosophy, but make no mistake, this is not just another yoga book of postures, it is a guidebook for living. *A Life Worth Breathing* teaches us that by healing our past emotional wounds, silencing the inner critic that cripples us, and cultivating a yoga and breathing practice, we can elevate ourselves from the mindset of a reactionary victim to a higher level of awareness and empowerment. With these life skills we can achieve our true destiny, that of a fully integrated soul living an authentic life of meaning, success and joy. A life worth living, a life worth breathing.

## Book Information

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## Customer Reviews

I have been an off and on yoga student for many years, and am a spiritual seeker, as well. I practice meditation and have studied many of the religious areas that Strom writes about. So I am not new to any of this, but he presents it in a whole new charmingly lucid way. I reacquainted myself with much

I had forgotten and many ideas took on new meaning for me. I even found many of my own thoughts brought into sharp focus in words I did not have for them. This is a wonderful book. I know I will re-read it again. I heartily endorse it for the beginner who is searching as well as those already experiencing the Search.

Yes the emphasis of this book is on yoga but there is so much more. This is an open, non religious, spiritual explanation of why the author is a proponent of yoga and breath, The health and spiritual benefits. The author draws on many cultures and religions and melds them together to bring a whole world view of man's role on a individual basis. He gives gentle lessons on how individuals can change and with realistic timelines. How it effects you and those around you. I received this book for free but I did upgrade to audio which has worked out great. It allowed me to listen to get an overview of the book and then go back and read more in depth and review specific chapters.

Practical instruction on using breath to improve quality of life.

I began my meditation and yoga practice less than a year ago. I feel fortunate to have met teachers and found a studio that already teaches and practices in ways that are compatible with Strom's teachings. What I really appreciate about this book is how so much of it made me say to myself "I knew that ". But we forget and so it is good to have books like these to remind us and to also provide us some new revelations. We all know that as we practice, as we breathe, we are unpeeling an onion of knowledge and wisdom--and we are startled to see that it was in us all the time. Each moment and each breath bring us new learning and new joys. This book also has the clear ring of lived truth, which is perhaps why I read every word (I have stacks of books that are partially read). I will be in a workshop with Max Strom next month; I am now looking forward to it with great anticipation. He provides simple steps to start healing, you can set your own pace. The important thing is to begin.

I woke up in a contemplative mood today, after finishing my first reading of Max's book a day or so ago. I knew I'd need time for my thoughts to percolate to the surface of my mind, where I can pluck them neatly out of the eclectic brew that passes for the philosophy of my life -- so I can tell you about it. As you may know, Max founded the Sacred Movement yoga center in Los Angeles and directed it for a number of years. I practiced there regularly during those years, where Max's healing presence radiated its way into my life at a time when I needed it most. His book is that way too.

Reading it is an experience that speaks to me on many levels. It reminds me of how I can use yoga as a unifying principle of my sometimes fragmented life, which seems to be in an ongoing state of needing some kind of healing -- and if that isn't a statement of the human condition, I don't know what is. But since reading the book is an experience, then my telling you about it won't do it justice. Anything I could say about it would fall short of the mark somehow. Besides, I don't want to spoil it for you. I read it slowly, savoring every page. I didn't want it to end, even though I knew it would. But see, that's the point. The things of this world don't last. The message in this book does.

This book is a must read for anyone looking for a non pragmatic, sensible and time tested way to add ancient practices like yoga, meditation and self reflection to their lives. The language is simple and approachable and the writer gives you practical exercises so you can actually progress and experience the concepts. I loved every page and have read it over many times since I first bought it. A must read for all yoga practitioners and people curious about this practice

I recently received a copy of Max Strom's book called "A life worth breathing" and I am so glad I did "what a transformation!". It is amazing that something as simple as breathing can change how we feel both emotionally and physically "it is empowering! The book also teaches key principles for emotional healing that go hand in hand with the breathing exercise. If you are feeling stressed, overwhelmed and depressed or you know someone that is, then I would highly recommend this book.

Clear, conscious and beautifully written. I would encourage those who are new to the spiritual path to read this book thoroughly, especially if you're 'doing' yoga and want to make the connection to the depth and spirituality of a practice that is embodied in every breath and movement throughout your day. And for those who have experience and a sense of grounded spiritual path, this book is a lovely reminder with great clarifying exercises.

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