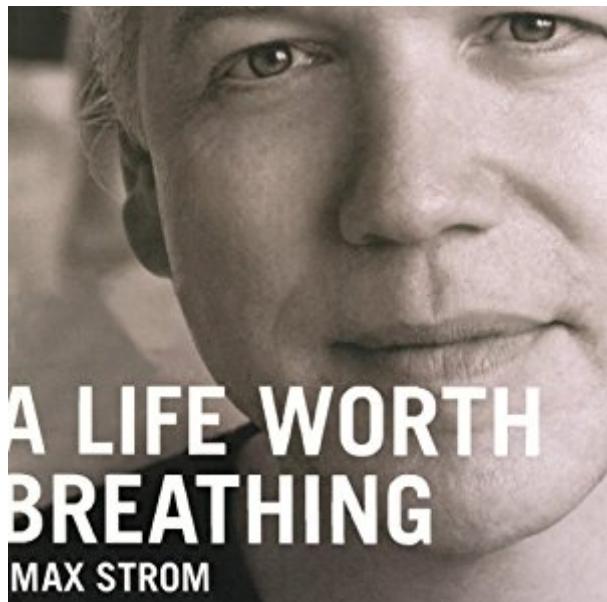


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A Life Worth Breathing: A Yoga Master's Handbook Of Strength, Grace, And Healing



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

Max Strom is a powerful yoga teacher and after taking just a couple of workshops with him, my own teaching style was instantly enhanced. He has the profound ability to simultaneously teach a multi-level class that challenges and nurtures every student in the room, and everyone leaves feeling uplifted. Max's TedX talks have gained huge traction on Youtube, particularly his lecture

titled "There's No App for Happiness". One of the best Max Strom experiences now takes place within the covers of his book A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace and Healing. It lives up to his promise, with nuggets of transformational wisdom on every page. The weltangshung of Max's yoga practice is breath-centered, body-centered, spirit-centered, and - perhaps most importantly - God-centered. Except he takes an approach that is rarely seen, providing a truly multi-cultural and non-exclusive approach to the Oneness of the Universe: "the reason for yoga's nondogmatic approach to healing and spirituality is that the first purveyors of yoga who came to America wanted to make it more accessible for Westnerners, so they excluded much of the traditional spiritual components. What is fascinating is that even though their intention was probably self-serving, the unintended consequence was that students were led by the practice-without dogma- to a more pure spiritual experience. This is because yoga takes one's spiritual life and vitality into one's body, healing it while removing stress and pain. After a time, the drugs one may have depended on to battle depression, sleeplessness, and anxiety are thrown into the wastebasket.

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