



## Wisdom for Living (Paperback)

By Yogi Shanti Desai

Booksurge Publishing, United States, 2009. Paperback. Condition: New. Language: English . Brand New Book \*\*\*\*\* Print on Demand \*\*\*\*\*.In Wisdom for Living, the author, Yogi Shanti Desai, is inspired to delve into the ancient Yogic philosophies to further examine the journey to self realization. Each section contains short quotes and affirmations to make this inspirational book a joyful and effortless read. In a few moments you can tune into the author's straightforward style and find a new way of looking at the universe and our relationships to all things. With chapters on subjects like Non-attachment, Selfless Service, Acceptance, Love and Devotion, the ancient teachings of Yoga take on a new light and new meaning in our stressful ever changing world. The book ends with simple meditation and energy attunement techniques that anyone can use. As with all Yogi Desai's books, if you have never read anything about Yoga or if you have been practicing a lifetime, you will find depth and value in this approachable handbook of wisdom. Keep it on your night stand!.



### Reviews

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