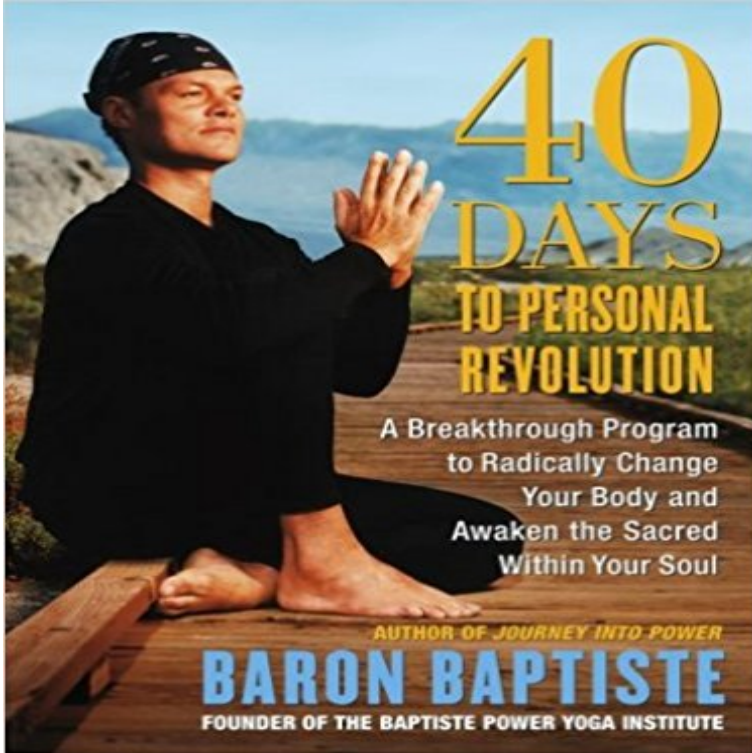


40 Days to Personal Revolution: A Breakthrough Program to Radically Change Your Body and Awaken the Sacred Within Your Soul



Let the Revolution Begin Now In 40 Days to Personal Revolution, Baron Baptiste -- one of the worlds 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 weve 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. Barons 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.

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