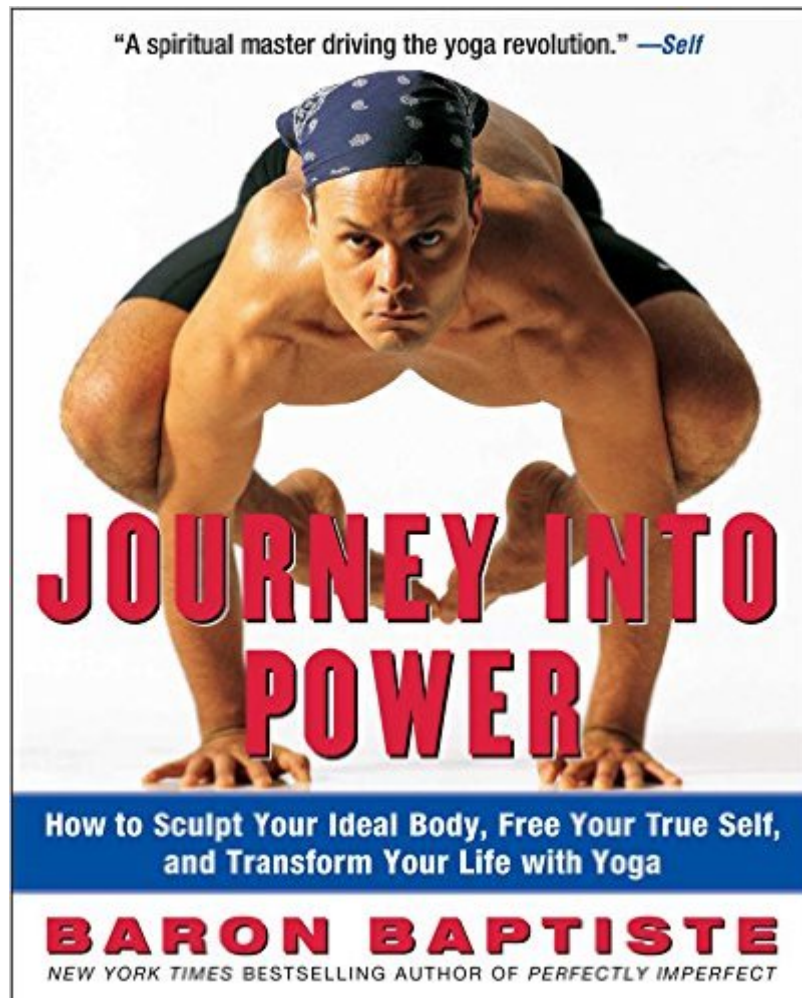


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Journey Into Power



Synopsis

New York Times bestselling author of *Perfectly Imperfect* Whether you are looking to lose weight, trying to increase your strength and stamina, hoping to sharpen your mental edge, or seeking to go deeper within, Baron Baptiste can take you there. Baptiste Power Yoga isn't just the ultimate workout, it's the ultimate life transformation program. Whether you are looking to lose weight, trying to increase your strength and stamina, hoping to sharpen your mental edge, or seeking to go deeper within, Baron Baptiste can take you there. Baptiste Power Yoga isn't just the ultimate workout, it's the ultimate life transformation program. In this unique and inspiring book, one of the world's most dynamic and sought-after master yoga teachers brings us the same revolutionary program for body, mind, and spirit that has changed the bodies and lives of Hollywood celebrities, all-star athletes, and millions of people just like you. In his refreshing and iconoclastic style, Baron Baptiste shows us that the key to true power is not to chase an ideal version of ourselves but to reveal the perfect self already within. Here are just some of the benefits you can expect from using this book: • Strong, lean muscles and a shedding of unwanted pounds • Laserlike mental clarity and focus • An easy release of the beliefs and habits that hold you back • An inner oasis of calm and composure • Inspiration to live authentically every day of your life Baptiste Power Yoga is the ultimate commitment that yields the ultimate transformation, as Baron's millions of students have discovered. It heals, detoxifies, and electrifies body and mind at their deepest levels. You will find your true strength, your real self, and a new way to live that is both authentic and joyful!

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Customer Reviews

I've been doing Yoga daily for over 7 years and have a library full of books and videos pertaining to yoga. "Journey Into Power" is perhaps the most useful of all of my books because it is real-life practical. It is written in a way that gets to the heart of Yoga so that folks like myself (with real life jobs and families) can actually incorporate and benefit from his approach. This is not a book that is just a bunch of philosophical theory, but rather an approach to Yoga and life that is easy to practice daily. I'm 45 years old and I'm in the best shape of my life thanks to Yoga in general and Baron's work in particular. A MAJOR key to this is the approach to nutrition that Baron clearly lays out (it is NOT a diet, just a common sense approach to nutrition which is very easy to follow). I now have incredible amounts of energy. Before I started to eat in the way he recommends, I could only do a Power/Vinyasa practice a few times a week and alternated with a more gentle practice. Since incorporating his dietary principles I've been able to have the energy to do some form of Power Vinyasa Yoga almost EVERY day and my more gentle practices are quite rare. Just for the record, I generally do between 30 minutes to hour or so of Power Vinyasa Yoga 7 days a week, it's rare that I can do the 90 minutes Baron says is the ideal amount, but he also stresses that it's better to do "a little yoga a lot rather than a lot of yoga once in a while". Trust me, if you do even 20 minutes every day you'll have life changing results. Anyway, The increase of energy that I now have has been an earth shattering breakthrough for me.

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