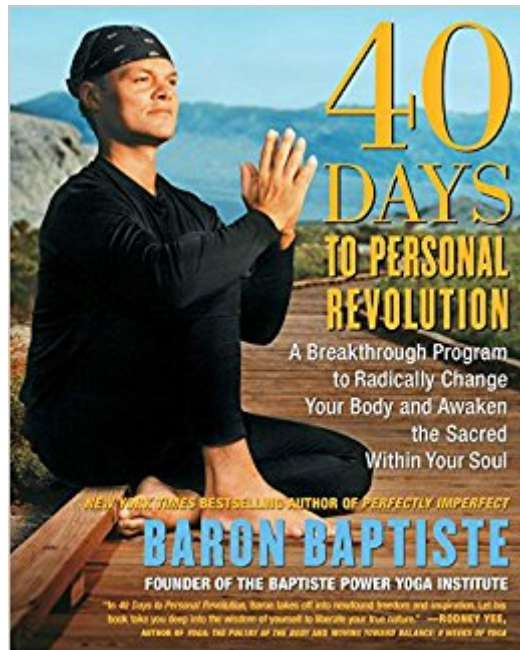




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40 Days To Personal Revolution



Synopsis

New York Times bestselling author of *Perfectly Imperfect* From Baron Baptiste, author of *Journey Into Power* and the "spiritual master driving the yoga revolution" (Self), a hands-on, step-by-step guide to adapt to your needs and lifestyle to make your body sleek, your mind clear, and your spirit light. In *40 Days to Personal Revolution*, Baron Baptiste •one of the world's 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 we've always imagined. In the next forty 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. Each week includes:

- A yoga practice to do every morning
- Principles to cleanse your diet along with eating plan
- Instructions to begin and deepen a meditation practice
- Excavation questions to root out limiting beliefs and patterns

Let the Revolution Begin Now!

Book Information

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Customer Reviews

Those familiar with yoga teacher Baron Baptiste know that he trains many high-profile celebrities and athletes. Yet his message is the antithesis of the American obsession with wealth and fame. For Baptiste, personal transformation is about facing the abyss of our internal emptiness and recognizing all the ways we seek to fill the void with money, status and material possessions. Ultimately, this program offers readers a kick-butt chance to get started on a steadier and more

lasting, internal form of fulfillment. "In the end yoga is not a magic cure-all, but the way challenges our bodies moves our stuck energy, clears our mind, and inspires us to seek and live in truth can be a catalyst for amazing spiritual growth," he writes. "Ultimately the yoga program found in the book is about developing a soulful perspective to the question that I hear nearly every day in my classroom: 'How did I get into this state, and how can I get out?'" Baptiste divides his program into a six-week system. Each week focuses on a theme for transformation. For instance, Week One starts with the theme of "Presence." Baptiste suggests readers start with a daily 20-minute yoga practice. (His asanas are all gentle, but the mechanics may be challenging for readers completely new to yoga, although the pictures and lengthy captions will help.) He also suggests a beginning "balancing diet" (based on Ayurveda principles), and thematic meditations, which include a list of "excavation questions." One could argue that this book is even better than going on a 40-day retreat at one of Baptiste's yoga centers. The program is designed to be integrated into your life as you live it. Readers do the yoga and prepare the food in their homes, and contemplate the principles for enlightenment within the routines of daily life. In this way it has the potential to be a lasting and well integrated transformation. --Gail Hudson --This text refers to an out of print or unavailable edition of this title.

Gary Kraftsow Author of "Yoga for Wellness" and "Yoga for Transformation" Baron creatively blends wisdom from great masters of Western spirituality with Yogic insights into the process of transformation. The result is a refreshingly simple, yet surprisingly profound manual for personal transformation. What remains is for the reader to actualize the processes he offers, and experience the Revolution. Sharon Gannon Author of "Jivamukti Yoga" The Bhagavad Gita tells us, in chapter six, that one of the best births, though difficult to attain, is to be reborn into a family of yogis. Baron has accomplished this difficult feat, and his reflections are worth listening to. Rodney Yee Author of "Yoga: The Poetry of the Body" In "40 Days to Personal Revolution," Baron takes off into newfound freedom and inspiration. He shares his formulas with all of us so directly and selflessly. Let his book take you deep into the wisdom of yourself to liberate your true nature. Ana T. Forrest Founder of Forrest Yoga and owner of the Forrest Yoga Circle in Santa Monica Baron's fresh and synergistic approach to yoga has excited and turned on many people who previously thought yoga had nothing to offer them. He has contributed greatly to spreading the benefits of yoga in the United States. Beryl Bender Birch Author of "Power Yoga" Baron's 40-day plan offers a friendly and genuine springboard into personal revolution of body and mind, showing us how to build strength, motivation, and discipline one day at a time. He connects how we practice and what we eat with how we feel --

whether we're working, socializing, meditating, or playing with the kids and dogs. Just take the plunge!

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I did this with a class at a local yoga studio, which may have colored my impressions of it. On its own, it is pretty good, and has some great insights, but probably not too much you haven't heard before if you are interested in spirituality and yoga. For me, though, this program really helped with the mind/body/soul connection, and helped me establish some life changing habits and rid myself of some unhealthy patterns and thoughts. Our group had a nutritionist as one of the leaders, and that was really helpful-- we started just with "clean eating" then moved into veganism and the fruit fast, slowly adding foods back in towards the end. I'd recommend checking it out on its own, for sure, but if you can find a studio that is offering this as a program, DO IT!

This book offered so much to me as a yogi trying to incorporate her practice into her daily life. Baron Baptiste offers a yoga routine for each week, meal suggestions as well as a meditation target times and mindfulness affirmations. I am glad to have this book as a resource to turn to when my body and mind need a refreshment. I would recommend this book to any Yogi willing to be challenged

and ready for positive change. The excavation questions are truly cathartic when done with the routine of the yoga presented. Having a theme for each week really helps you to explore these areas of your self so you are ready to answer truthfully.

I love this book. I owned it 6 years ago, and lost it, and honestly, I missed it very much. I happened across it on , and ordered it immediately. It really helps me as I am learning yoga by this book, and in a studio. also, I like his view on things in the beginning of the book. I don't know much about yoga, or the author, but I know it makes me feel strong and encouraged, and wanting to become more than a 'dabbler'.

A good well rounded read with some great insights. Poses can be a bit difficult to understand for those with no yoga experience but the sequence of the poses is good.

If you found "Journey Into Power" (Baron's first book), to be a life changing book (I also have it on CD and listen to it all the time for inspiration), Baron has produced another excellent guide along the path of his approach to yoga. While I must admit that I haven't followed the plan on a week by week basis, I have already been doing yoga daily for 8 years and have a very well established practice which I vary daily (I have over 70 videos of every imaginable style of yoga). A big part of the reason that I purchased this book is because I was curious to see how he broke the sequences down for the various weeks. I like the way he lays out the routines in the series of photographs in the back section of the book, very useful! The excavation questions in the meditation sections are useful as well as the principles he outlines in the first part of the book. The last section is also very useful in terms of applying yoga to one's whole life and not just what happens on the mat. I did find Baron's nutritional principles ("The Cleansing Diet" and "The Detoxifying Cleanse") a bit easier to follow in "Journey Into Power", but there was still much interesting "food for thought" in this new book :) Baron's approach to eating is not a "diet" in the way the word is typically used, it's just really an approach to eating vital, living and unprocessed foods along with the psychology behind your relationship to food. As far as practicing Yoga, in general I feel it's much easier to work with his Video/DVD programs than any book, even those as excellent as Baron's. His video/dvd programs are the best I've seen if you want a real "physical" yet sensible practice. For me the information on the poses in the books are excellent for getting detailed information on the specific elements of the poses which can be hard to get and absorb in the flow of a class (be it live or recorded). In particular I'd recommend his "Live" programs, such as "Core Power" and "Unlocking Athletic Power" which

are shorter practices. Plus "Soul Of Strength" which is a longer program (and it follows the "Journey Into Power" sequence almost exactly, just a few differences. His PBS special which you can buy called "Transform Your Life" is a documentary of sorts which shows 40 students on one of Baron's weeklong "Bootcamps" and it is very inspirational, it also has a fabulous 20 minute Power Yoga Basics routine which is worth the price of the tape alone, I use it all the time for a short but effective practice. Also, you may want to check out Baron's "Bootcamp Box" which has two CD's (not DVD's, but the CD's are VERY easy to follow) and flash cards which contain three 20 minute practices (Vinayas Flow/Hip Flow/Core Flow) and a long 75 minute practice. It also has a small booklet that helps you structure a home "Bootcamp" weekend practice. Since writing this review I have purchased and used his "Journey Into Power" Video/DVD programs and they are excellent. The level one is a wonderful introduction to Baron's approach, it certainly seems that it would be challenging for someone new to vinyasa flow, and even for an experienced person it is a nice shorter and less intense practice than the level 2 which is considerably more intense. The level 2 program follows the sequence of Baron's book "Journey Into Power" quite closely (though it is very close to "Soul Of Strength" so if you have that you may not need "Journey Into Power" Level 2)

Namaste

After meeting the man himself this book definitely captures the basics to Baptiste yoga. A great read and the moves are well defined

OK for beginners, but I did not enjoy it so much

Bought this as the yoga studio I have been practicing in is having a 40 Day Challenge. Great book for following along the program with a group. Also explains concepts of Baptiste Yoga in a way that is easy to read.

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