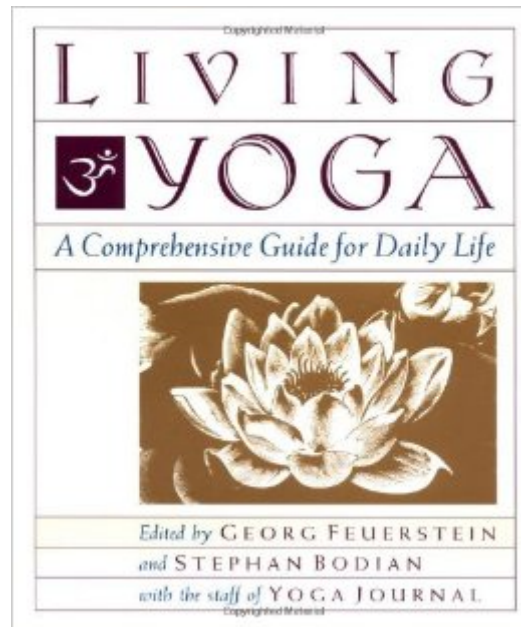


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Living Yoga



Synopsis

Essays discuss a life of service, the healing power of love, hatha yoga postures, meditation, spiritual relationships, money, and ecology.

Book Information

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I confess I'm not sure why I bought this book. It's not like I didn't check out the table of contents on . So, before I bought it I knew it consisted of a selection of journal articles previously published in Yoga Journal. And I know such books, even with a good editor-Georg Feuerstein, in this case-are rarely first-rate. Plus, being a not overly enthused subscriber to Yoga Journal, I should have known what I was getting into. Well, now you can benefit from my experience and know what you'll be getting into if you buy this book. First, concerning Yoga Journal, the source for every article. I realize there's a market for everything. In other words, one man's trash is another man's treasure. So no doubt there are hundreds of thousands of people who subscribe to YJ and have a spiritual orgasm every time they read it. I am not one of them. I find YJ hyper flashy, heavily commercial, its articles often saccharine to the point of inducing nausea. Sometimes I wonder if I read it for the models. That said, I am sure that with discrimination and a willingness to wade through hundreds of back issues you could find some worthy articles and that, no doubt, is what Feuerstein and Co. were trying to do. They were successful on some counts. The problem is there aren't enough high quality pieces to make a solid book. Plus, their rather heterogeneous subjects give the book a grab bag feeling.

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