



The Wisdom of Yoga: A Seeker's Guide to Extraordinary Living

By Stephen Cope

Random House USA Inc. Paperback. Book Condition: new. BRAND NEW, The Wisdom of Yoga: A Seeker's Guide to Extraordinary Living, Stephen Cope, For modern spiritual seekers and yoga students alike, here is an irreverent yet profound guide to the most sophisticated teachings of the yoga wisdom tradition-now brought to contemporary life by a celebrated author, psychotherapist, and leading American yoga instructor. While many Westerners still think of yoga as an invigorating series of postures and breathing exercises, these physical practices are only part of a vast and ancient spiritual science. For more than three millennia, yoga sages systematically explored the essential questions of our human existence: What are the root causes of suffering, and how can we achieve freedom and happiness? What would it be like to function at the maximum potential of our minds, bodies, and spirits? What is an optimal human life? Nowhere have their discoveries been more brilliantly distilled than in a short-but famously difficult-treatise called the Yogasutra. This revered text lays out the entire path of inner development in remarkable detail-ranging from practices that build character and mental power to the highest reaches of spiritual realization. Now Stephen Cope unlocks the teachings of the Yogasutra by...



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