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Its Not About Putting Your Foot Behind Your Ear An Inspiring Journey Of Transformation Through Yoga

By Sophia S. Paul

Balboa Press. Paperback. Condition: New. 192 pages. Dimensions: 8.4in. x 5.5in. x 0.6in. Author Sophia Paul presents an inspiring personal story on how the simplicity of yoga can transform your life into one of peace, health, and happiness. By sharing her personal journey of transformation through yoga, Paul is guiding and reassuring us to follow our own path towards a life full of joy and happiness. The power of mindfulness, right attitude, and a willingness to always look at the lesson in the experience can present us with the healing that we all seek. Simplistic, full of timeless wisdom and providing tools to turn every moment of your life into peace and appreciation, Sophias story is intriguing and encouraging. From her early childhood on she had a calling for adventure that would eventually take her across several continents. Being stranded in a foreign country with no legal permission to work, she was confronted with the reality of her divorce, and having to provide for her children. Her gift to pull herself up out of every misery again and again (as one friend admirably put it) she proves that with a yes I can attitude, everything is possible. With yoga as her...



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Reviews

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