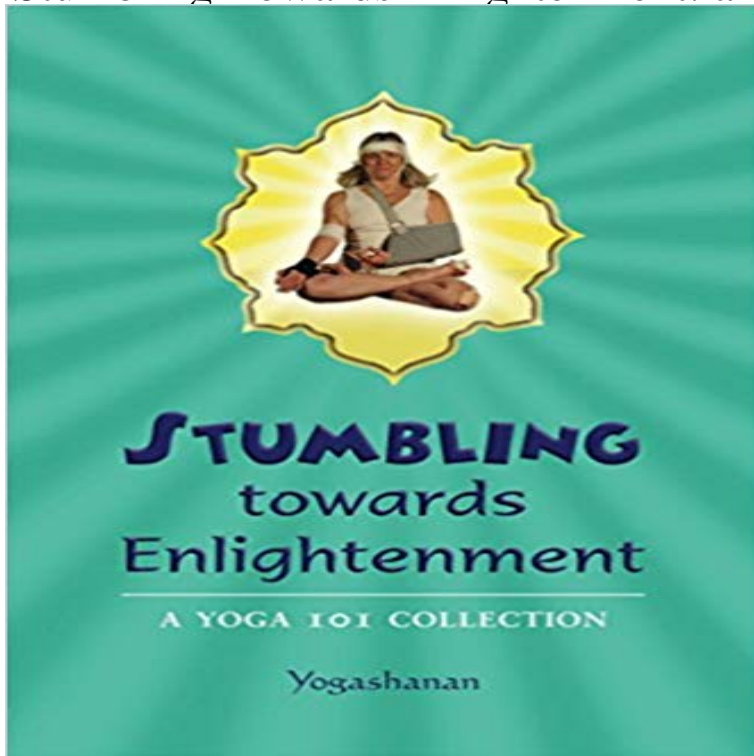


## Stumbling Towards Enlightenment: a Yoga 101 collection



STUMBLING TOWARDS ENLIGHTENMENT is a collection of delightful, humorous, down-to-earth reflections on everyday events - from the perspective of yoga-cum-buddhism and self-transformation. Seriously recommended.

Its a refreshing read for anybody who takes themselves (and life) too seriously. Yogashanan will have you chuckling in no time. And who knows, she may even inspire you to make a few changes! Shanan Harrell has stumbled onto a writing style that is at the same time quirky and profound, witty and wise, insightful and delightful Her book is about how to be better humans in spite of our bumbling, fumbling, grumbling selves Engaging, a giggle fest and soul-searching all at the same time. STUMBLING TOWARDS ENLIGHTENMENT, reader responses A taste: I recently hiked the China Lake Naval Weapons Station Petroglyph Canyon. That is not a misprint.

Taste 2: Several years back I was invited to a very hip, uber-cool party of the yoga elite in my stomping grounds of Dallas, Texas. The invitation read: Come Celebrate Randys Moksha! Randys Moksha? Is it like a Bar Mitzvah? A psychic healing? Vasectomy reversal? Should I bring a covered-dish casserole? (I saved my Frito Pie for another party.) Taste 3: I dont remember where I first heard this particular bit of wisdom, but its become a real favorite. Ive tried to live by its high standard and I cant say Ive always succeeded. Ive passed it on to many and now I want to share with you this great universal precept Never miss a good opportunity to shut up So I practice the sacred art of shutting up. I remind myself to listen deeply to the other person, quiet myself, pay attention. Its a beautiful and humbling practice. And the opportunities, seriously, are endless. Now get out there and shut the hell up. Available now in a new revised edition (2014) by Salt River

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