

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 Randy’s Moksha! Randy’s 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 don’t remember where I first heard this particular bit of wisdom, but it’s become a real favorite. I’ve tried to live by its high standard and I can’t say I’ve always succeeded. I’ve 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. It’s 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 Publishing. 10% discount at the Publisher website.

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