



## 40 Days to Personal Revolution

By Baron Baptiste

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*New York Times* bestselling author of *Perfectly Imperfect*

From Baron Baptiste, author of *Journey Into Power* and the “spiritual master driving the yoga revolution” (*Self*), a hands-on, step-by-step guide to adapt to your needs and lifestyle to make your body sleek, your mind clear, and your spirit light.

In *40 Days to Personal Revolution*, Baron Baptiste—one of the world’s most beloved master yoga teachers—inspires us to transform more than body and mind: He gives us the tools we need to set ourselves free to live the healthful life we’ve always imagined. In the next forty days you will create a whole new way of being and living. Tapping ancient wisdom and his own personal experience, Baron has created a relevant and completely practical program that will lead you to the clarity of mind, body, and spirit that awaits on the other side of your revolution. Each week includes:

- A yoga practice to do every morning
- Principles to cleanse your diet along with eating plan
- Instructions to begin and deepen a meditation practice
- Excavation questions to root out limiting beliefs and patterns

Let the Revolution Begin Now!

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## 40 Days to Personal Revolution By Baron Baptiste Bibliography

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## **Editorial Review**

### Amazon.com Review

Those familiar with yoga teacher Baron Baptiste know that he trains many high-profile celebrities and athletes. Yet his message is the antithesis of the American obsession with wealth and fame. For Baptiste, personal transformation is about facing the abyss of our internal emptiness and recognizing all the ways we seek to fill the void with money, status and material possessions. Ultimately, this program offers readers a kick-butt chance to get started on a steadier and more lasting, internal form of fulfillment. "In the end yoga is not a magic cure-all, but the way challenges our bodies moves our stuck energy, clears our mind, and inspires us to seek and live in truth can be a catalyst for amazing spiritual growth," he writes. "Ultimately the yoga program found in the book is about developing a soulful perspective to the question that I hear nearly every day in my classroom: 'How did I get into this state, and how can I get out?'"

Baptiste divides his program into a six-week system. Each week focuses on a theme for transformation. For instance, Week One starts with the theme of "Presence." Baptiste suggests readers start with a daily 20-minute yoga practice. (His asanas are all gentle, but the mechanics may be challenging for readers completely new to yoga, although the pictures and lengthy captions will help.) He also suggests a beginning "balancing diet" (based on Ayurveda principles), and thematic meditations, which include a list of "excavation questions." One could argue that this book is even better than going on a 40-day retreat at one of Baptiste's yoga centers. The program is designed to be integrated into your life as you live it. Readers do the yoga and prepare the food in their homes, and contemplate the principles for enlightenment within the routines of daily life. In this way it has the potential to be a lasting and well integrated transformation. --*Gail Hudson*

### Review

Gary Kraftsow

Author of "Yoga for Wellness" and "Yoga for Transformation"

Baron creatively blends wisdom from great masters of Western spirituality with Yogic insights into the process of transformation. The result is a refreshingly simple, yet surprisingly profound manual for personal transformation. What remains is for the reader to actualize the processes he offers, and experience the Revolution.

Sharon Gannon

Author of "Jivamukti Yoga"

The Bhagavad Gita tells us, in chapter six, that one of the best births, though difficult to attain, is to be reborn into a family of yogis. Baron has accomplished this difficult feat, and his reflections are worth listening to.

Rodney Yee

Author of "Yoga: The Poetry of the Body"

In "40 Days to Personal Revolution," Baron takes off into newfound freedom and inspiration. He shares his formulas with all of us so directly and selflessly. Let his book take you deep into the wisdom of yourself to liberate your true nature.

Ana T. Forrest

Founder of Forrest Yoga and owner of the Forrest Yoga Circle in Santa Monica

Baron's fresh and synergistic approach to yoga has excited and turned on many people who previously thought yoga had nothing to offer them. He has contributed greatly to spreading the benefits of yoga in the United States.

Beryl Bender Birch

Author of "Power Yoga"

Baron's 40-day plan offers a friendly and genuine springboard into personal revolution of body and mind, showing us how to build strength, motivation, and discipline one day at a time. He connects how we practice and what we eat with how we feel -- whether we're working, socializing, meditating, or playing with the kids and dogs. Just take the plunge!

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About the Author

**Baron Baptiste** is the son of two of America's yoga pioneers. He began to seriously study yoga at age twelve and trained extensively in all the major traditions before creating Baptiste Power Yoga in the mid-eighties. Baptiste has trained both celebrities and athletes, including Helen Hunt, Randall Cunningham, Raquel Welch, and Elisabeth Shue, and for four years he was Peak Performance Specialist for the Philadelphia Eagles. He divides his time between his yoga studio in Cambridge, Massachusetts, and Sundance, Utah.

## **Users Review**

**From reader reviews:**

**Robert Gibson:**

What do you with regards to book? It is not important along with you? Or just adding material when you need something to explain what yours problem? How about your spare time? Or are you busy man or woman? If you don't have spare time to perform others business, it is make one feel bored faster. And you have time? What did you do? Everybody has many questions above. They have to answer that question since just their can do that. It said that about book. Book is familiar in each person. Yes, it is right. Because start from on pre-school until university need this 40 Days to Personal Revolution to read.

**Della Richardson:**

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**Mary Adams:**

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