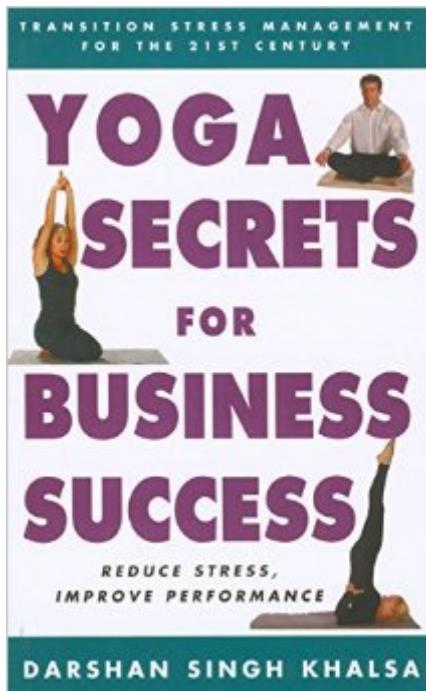


The book was found

Yoga Secrets For Business Success: Transition Stress Management For The 21st Century



Synopsis

Everyone knows that yoga can reduce stress. This book shows how it can also bring success to every aspiring business-person. After over 20 years working in Fortune 500 companies, Darshan Singh Khalsa realized that he and his colleagues needed help: coping mechanisms to meet head-on the daily challenges, deadlines, pressures and office politics that define the workplace, even while improving their productivity. He turned to Kundalini Yoga, a method of yoga that has been practiced for thousands of years, and started his own yoga consulting business in the process. This book contains the simple exercises and meditations - some that can be practiced at the office - that Khalsa has been teaching to corporate clients for the past decade. In 30 no-punches-pulled illustrated chapters, he shows readers how to relax within three minutes, energize immediately, handle sleep deprivation, relieve headaches, conquer fear and depression, manage anger, improve decision making, sharpen concentration, improve self-esteem and discover personal magnetism. Throughout the text, anecdotes from Khalsa's students and colleagues attest to the success of the techniques.

Book Information

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Best Sellers Rank: #2,225,341 in Books (See Top 100 in Books) #65 in Books > Business & Money > Business Culture > Health & Stress #4424 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

I am in sales and frequently travel for work. I always make sure to pack *Yoga Secrets for Business Success* when I plan for a trip. The stress of traveling can wear on my body, but this book offers secret tips and exercises to keep me healthy and energized while I am away from home. I recommend this book to anyone who wants to stay positive and free from stress. You can do the exercises at home or in your hotel room when you are away! There are very clear directions and pictures showing

how to do each exercise. Even if you have never done any yoga, you will find you can do any exercise in this book. I am happy I found it. Andre Coveney- Divisional Sale Manager/Square D Company

Very useful book for yoga teachers and others. It has handy and short exercises to fix many situations in your (business)life. Also when you pick some of the exercises or meditations and continue doing them, you start building a different angle of perception in your self. You will start coming from a place of neutrality and presence. I like the examples from real life that Darshan Singh gives.

This wonderful little book demonstrates how to integrate the spiritual principles of yoga into the challenges of the business world. Exercises featuring mudras (hand positions) and mantras or chants designed to address specific challenges including anger, self-esteem, stress and prosperity are presented with photographs and detailed instructions. The exercises do not require tremendous flexibility or athletic prowess--you do not have to become a human pretzel to master them. They are effective and fun and not terribly time-consuming unless one wishes to make a discipline. I appreciated the beautiful photographs that are featured throughout the book. They are both calming and exhilarating. My quibbles are few. First is the size of the book. Although it is compact and therefore easy to slip into a briefcase or handbag, it is difficult to prop open without damaging the binding--something that is necessary when learning some of the exercises. At times it is difficult to see the mudra being demonstrated by the model in the photograph with the actual exercise and it becomes necessary to consult the mudra section in the back. And finally, this is one of those books that would benefit by including a CD of the mantras. This would assist in correct pronunciation and mastering the melody. I strongly recommend this book both for its efficacy and for making yoga easily accessible in a stress filled forum.

This book guides the reader through the process of connecting with the self. Darshan Singh gives us recipes, in easy to understand language, to allow our own inner guru to guide us on the path to oneness and wholeness in a world of high stress and high expectation. He is giving us the experience to be able to connect with our self, a truly wonderful gift. I recommend this book and these techniques to every person in all paths of life. Enjoy the journey and the experience of your own true self.

I love this book. It's different and easy to use. Sometimes when I'm having a problem....I just pick this up and see if my problem is in here and I do what the book says.....This is a really good book to have.

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