



**A LIFE WORTH  
BREATHING**

**MAX STROM**

**ONLY FROM  
audible**

Max Strom

## A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing



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We can carry out more with this lifestyle. His groundbreaking book reaches past expected dogma in a language that's vital, inspired, and accessible. *A Life Worthy of Breathing* teaches us that by recovery our former emotional wounds, silencing the inner critic that cripples us, and cultivating a yoga exercise and breathing practice, we are able to elevate ourselves from the mindset of a reactionary victim to an increased level of awareness and empowerment. Everybody knows it, we all want it, but just how to do it that eludes us. With one of these life skills we can achieve our accurate destiny, that of a completely integrated soul living an authentic life of meaning, success and joy. According to Max Strom, "We live in dread of terrorism however in actuality the most devastating terrorism comes from within us as we sabotage ourselves." With useful techniques, *A Life Well worth Breathing* gives us a path to transformation with visionary insights on forgiveness, gratitude and self-empowerment. The teachings are rooted in Yoga exercise, Sufism and Eastern philosophy, but make no mistake, this is not just another yoga book of postures, it is a guidebook for living. In his new book, *A Life Worthy of Breathing*, internationally famous yoga teacher and spiritual philosopher Max Strom shows us the way. Strom network marketing leads us on a trip of self-discovery once we excavate our past in order to have a better understanding of our present. A lifestyle worth living, a lifestyle worth breathing.



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I would encourage those people who are new to the spiritual path to read this publication thoroughly, particularly if you're 'doing' yoga exercise and want to make the link with the depth and spirituality of a practice that's embodied in every breath and movement throughout your day., not only as an exercise. I have been an off and on yoga student for several years, and am a spiritual seeker, as well. I practice meditation and also have studied many of the religious areas that Strom writes about. THEREFORE I am not new to any of this, but he presents it in a complete new charmingly lucid method. I reacquainted myself with very much I had forgotten and many ideas took on fresh meaning for me personally. I even found a lot of my very own thoughts brought into sharp focus in terms I did not have for them. If you are a yoga exercise practitioner I'm sure you'll love it. I know I'll re-read it again. I heartily endorse it for the newbie who is searching as well as those currently experiencing the Search.. I feel fortunate to have fulfilled teachers and discovered a studio that currently teaches and practices with techniques that are compatible with Strom's teachings. What I really appreciate about this publication is how so a lot of it produced me tell myself "I understood that ". But we neglect and so it is good to have books like these to remind us also to provide us some brand-new revelations. We all know that as we practice, once we breathe, we have been unpeeling an onion of understanding and wisdom--and we are startled to find that it was in us all enough time. The message in this book does. Very accessible to anyone even if it's unfamiliar subject matter to you. I Savored Every Page We woke up in a contemplative disposition today, after finishing my first reading of Max's book a time or so ago. I am now looking forward to it with great anticipation. He provides simple steps to start healing, it is possible to set your own pace. I hardly ever really found anyone who could get my attention with regards to "Yoga" until Max. Even if you're not really into yoga you might like to take a look book out Yes the emphasis of the publication is on yoga but there is so much more. I am really glad that I made a decision to take a opportunity on max. Discovered a lot about yoga exercises philosophy and that it goes significantly beyond postures! He gives gentle lessons on what individuals can transform and with realistic timelines. Give it a chance. I received this book for free but I did so upgrade to audio which has exercised great. It allowed me to hear get a synopsis of the publication and then return back and read even more comprehensive and review particular chapters. Breathe & But observe, that's the point.. some reminders plus some revelations I began my meditation and yoga practice significantly less than a year ago.. My go to self help reserve. As a 2 yr 66 yr old chair yoga student, + Tai chi, and person in a meditation group, I found this book filled with insightful truths for my spiritual journey. I'm right now re-reading for the second time, and have recommended it to friends. There isn't a lot of yoga exercise in it, hence some people's criticism, but its concentrate is on starting the heart, and awareness of the essence of your being. His book is that way too. Amazing This book really helped me through a dark time. I purchased it for a book golf club I am in, not giving it much believed but WOW. This reserve really helped me work through some stuff. I cried within a few elements of this book. His teaching style is attentive, comprehensive and engaging. I would recommend it to everyone. How it results you and those around you. The things of this world don't last... The main thing is to start. It helped me complete some pain that I was holding on to. Besides, I don't need to spoil it for you. This is an open, non religious, spiritual description of why the writer is a proponent of yoga exercise and breath, The health and spiritual benefits. And inspiring. breathing which was by far one of the better types. A book for beginners and those well familiar with Hatha Yoga in its many facets. And for those who have experience and a sense of grounded spiritual route, this publication is a lovely reminder with great clarifying exercises. I will be in a workshop with Max Strom next month; I understood I'd need period for my thoughts to percolate to the surface of my brain, where I could pluck them neatly from the eclectic brew that passes for the philosophy of my life -- so I can tell you about it. As you may understand, Max founded the Sacred Motion yoga center in Los Angeles and directed it for several years. I practiced now there regularly during those years, where Max's healing existence radiated its way into my life at a time when I required it most. Namaste. Reading it really is an experience that speaks if you ask me on many levels. It reminds me of how I can use yoga as a unifying theory of my occasionally fragmented life, which seems to be in an present state of needing some kind of healing -- and if that isn't a declaration of the human being condition, I don't know what's. But since reading the reserve is an experience, then my telling you about any of it won't perform it justice. Anything I could say about it would fall short of the mark in some way. I'm never board with listening to or watching his movies either. I go through it slowly, savoring every page. I didn't want to buy to end, even though I

knew it could. be careful, open your heart. Very inspiring. Each minute and each breath provide us new learning and brand-new joys. Great book for yoga beginners Very inspiring and informative reserve!! The writer draws on many cultures and religions and melds them together to bring a whole world view of man's function on a specific basis. That is a wonderful book. Inspirational read. Right now to find an instructor along with his bed-side manner so-to-speak. . Highly recommend it!. Conscious and beautifully written Clear, conscious and beautifully written. Highly recommend it We am a yoga teacher and decided to buy about 5 books on breathing which was by far among the better ones.. Valuable Information I love the simple the read. This reserve also offers the clear band of lived truth, which is perhaps why I read every word (I've stacks of books that are partially read). The exercises are very powerful. I learned therefore much about myself. This is a must browse for anyone on a path to self awareness Inspiring Love this publication. Will end up being reading it again and again to try and take everything it's wisdom. Good read A very good read. I read this book again and again because it has so much to offer. It holds wisdom that we understand inherently, and reminds us whenever we need it most.



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