



Awake in the World: Teachings from Yoga and Buddhism for Living an Engaged Life

Michael Stone

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How can we live a balanced life in unbalanced times? How can the practices of meditation and yoga support our relationships, our work lives, and the greater good? Author, teacher, and psychotherapist Michael Stone presents the essential insights of mindfulness and yoga, emphasizing the teachings of simplicity and the interdependence of all life.

Stone explains that the practices of yoga and meditation are not about escaping reality but about living fully in the here and now, opening to our experience, and gaining access to stillness within the flow of life. The essence of yoga and Buddhist practice is opening the heart—our own and the heart of the world. With that awareness, Stone encourages us to get involved in our communities, to speak out when we see wrongdoing, and to find ways of helping others.

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