

NEW FROM HOW2CONQUER

# Simply Put

## Practical Yoga & Meditation Techniques for a Beautiful Life

by Danit Schreiber

### About the Book

*Simply Put* offers practical tools and inspirational ideas to help you cope with life's constant challenges. Danit shares powerful anecdotes, lessons learned, and advice borne of the hardships she and her family have faced.

These tools were born from the spiritual world of yoga, then tested and formed in real life by the author when she used them in her own yoga studio. With these stories and ideas, *Simply Put* helps those both on and off the mat find peace, balance, and beauty amid life's fiercest challenges.

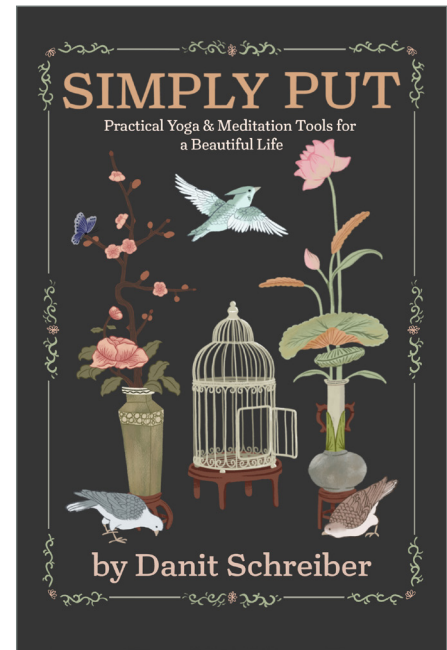
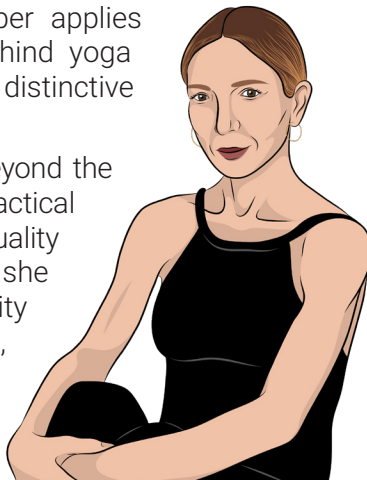
With *Simply Put*, you'll learn to:

- transform the lessons of yoga and meditation into your own source of strength and independence
- use the lessons of yoga and meditation as a source of stability and guidance
- lead a more beautiful life by finding balance in your mind, body, and spirit

### About Danit

Certified yoga instructor Danit Schreiber applies theoretical and philosophical ideas behind yoga and meditation with her unique voice and distinctive style of teaching.

The Yoga By Danit Method™ extends beyond the classroom by providing students with practical tools they can use to improve the quality of their day-to-day lives. The studio she founded has become a special community where students feel mutually supported, empowered, and safe — a place where they are inspired and better prepared to face life's challenges.



### How to Order This Book

Available from Amazon and most retailers. Distributed by Ingram Book Group.

### DETAILS

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