



40 Days to Personal Revolution

Baron Baptiste

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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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