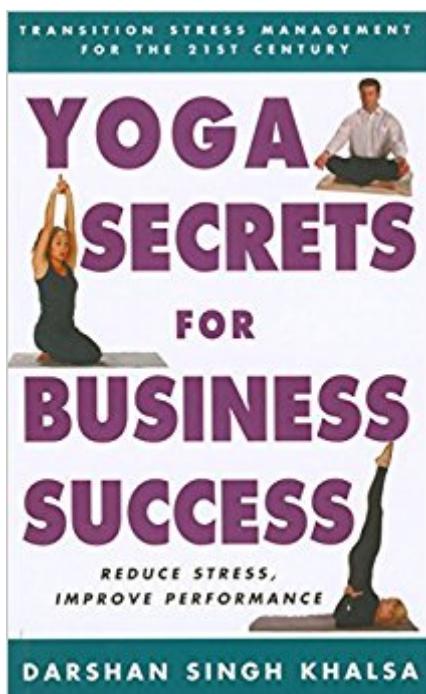


The book was found

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

Paperback: 224 pages

Publisher: Lyons Press; 1st edition (June 1, 2002)

Language: English

ISBN-10: 1585745189

ISBN-13: 978-1585745180

Product Dimensions: 8.5 x 5.3 x 0.7 inches

Shipping Weight: 1.1 pounds

Average Customer Review: 4.8 out of 5 stars 9 customer reviews

Best Sellers Rank: #2,782,876 in Books (See Top 100 in Books) #87 in Books > Business & Money > Business Culture > Health & Stress #5163 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

Customer Reviews

Yoga can help you climb the ladder of success faster and enjoy your job more. During his twenty years in Fortune 500 companies, the author realized that he and his colleagues needed a way to meet the daily challenges of their high-pressure work. He turned to yoga with such triumph that he soon began his own yoga consulting business. *Yoga Secrets For Business Success* contains the simple exercises and meditations-many of which can be done right in the office-that he has been

teaching to corporate clients for the past decade. Learn to be a leader, relax in three minutes, energize immediately, relieve headaches, conquer fear and depression, manage anger, improve decision-making, sharpen concentration, become more intuitive and discover your charisma. (5 1/4 x 8 1/2, 224 pages, color photos) Darshan Singh Khalsa, an internationally certified Kundalini Yoga teacher, founded Transition Stress Management, Inc., providing business innovation consulting and stress management services. His clients include Citibank, Hewlett Packard, IBM, and Southwestern Bell. He is a member of the International Kundalini Yoga Teachers Association, the International Yoga Association, and the Yoga Alliance. Khalsa is also a master storyboarder and recipient of the Storyboarder of the Year Award in 2001.

Darshan Singh Khalsa is the founder and president of Transition Stress Management, Inc., providing business innovation consulting and stress management services to meet the requirements of global corporations. His clients include Citibank, Hewlett Packard, IBM, Kodak, Phillips Petroleum, PricewaterhouseCoopers, and Southwestern Bell. He is an internationally certified Kundalini Yoga and meditation teacher. His book has received the Kundalini Research Institute's Seal of Approval.

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.

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.

I enjoyed it and will use it!

it's a good and helpful book, here are almost all meditations (kundalini yoga); to enjoy the benefits you have to do them for at least 40 days.

Good book. Yoga is definitely a must for everyone looking for a better life.

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.

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

This book is not only clearly and concisely written with powerful, fast acting information, but also stunning to look at. The quality of the paper and beauty of the images make reading *Yoga Secrets for Business Success* a meditation in itself. It's like owning many yoga manuals and an art book all in one. I'm a certified yoga teacher, and I particularly appreciate the excellent organization of material, precise times given for each exercise, and the highlighted benefits. The photographs are easy to follow, and the results profound. I highly recommend *Yoga Secrets* to both beginners and advanced students alike. Well done Darshan Singh Khalsa! When is the next one coming out?

[Download to continue reading...](#)

Yoga Secrets for Business Success: Transition Stress Management for the 21st Century Yoga: 100 Key Yoga Poses and Postures Picture Book for Beginners and Advanced Yoga Practitioners: The Ultimate Guide For Total Mind and Body Fitness (Yoga ... Books) (Meditation and Yoga by Sam Siv 3) Yoga: The Yoga Beginner's Bible: Top 63 Illustrated Poses for Weight Loss, Stress Relief and Inner Peace (yoga for beginners, yoga books, meditation, mindfulness, ... self help, fitness books Book 1) Yoga: 21 Essential Yoga Poses to Strengthen Your Body and Calm Your Mind (FREE Meditation Bonus!): (Meditation, Yoga Poses, Relaxation, Stress Relief, Yoga for beginners) Yoga: The Top 100 Best Yoga Poses: Relieve Stress, Increase Flexibility, and Gain Strength (Yoga Postures Poses Exercises Techniques and Guide For Healing Stretching Strengthening and Stress Relief) Belwin's 21st Century Guitar Method, Bk 1: The Most Complete Guitar Course Available, Book & Online Audio (Belwin's 21st Century Guitar Course) Belwin's 21st Century Guitar Ensemble 1: The Most Complete Guitar Course Available (Student Book) (Belwin's 21st Century Guitar Course) Belwin's 21st Century Guitar Method 1: Spanish Language Edition (Book & CD) (Belwin's 21st Century Guitar Course) (Spanish Edition) Belwin 21st Century Band Method, Level 2 flute (Belwin 21st Century Band Method) The Confessions: (Vol. I/1) Revised, (The Works of Saint Augustine: A Translation for the 21st Century) (The Works of Saint Augustine: A Translation for the 21st Century, Vol. 1) Introduction to Cybercrime: Computer Crimes, Laws, and Policing in the 21st Century: Computer Crimes, Laws, and Policing in the 21st Century (Praeger Security International) Roget's 21st Century Thesaurus, Third Edition (21st Century Reference) Creating America: 1877 to the 21st Century: Student Edition © 2005 1877 to the 21st Century 2005 EMS Workforce for the 21st Century: A National Assessment (Public Health in the 21st Century) Yoga Mama, Yoga Baby: Ayurveda and Yoga for a Healthy Pregnancy and Birth How to Sneak More Yoga Into Your Life: A Doable Yoga Plan for Busy People (Yoga for Busy People) Yoga con cuentos: Como enseñar yoga a los niños mediante el uso de cuentos (Cuentos Para Aprender Yoga) (Spanish Edition) Ultimate Hip Opening Yoga Guide: Exercises for Tight Hips & Hip Pain: 4-Week Yoga Guide w/ Videos (Beginner Yoga Guides Book 1) Yoga: A Man's Guide: The 30 Most Powerful Yoga Poses to Sharpen Your Mind and Strengthen Your Body (Just 10 Minutes a Day!, Yoga Mastery Series) Easy YOGA GUIDE for beginners: Simple 46 Hatha Yoga Poses for Body and Mind (Yoga for Beginners Book 1)

[Contact Us](#)

[DMCA](#)

Privacy

FAQ & Help