



Watkins Advance Information

Mudras for Modern Life

Boost your health, re-energize your life, enhance your yoga and deepen your meditation

By Swami Saradananda

This new, definitive, fully illustrated guide to the ancient art of mudras provides a highly practical and inspirational overview of how to use subtle yogic hand gestures to revitalize every aspect of your life

SALES POINTS:

- The first full-colour photographic book on the ancient, life-enhancing art of mudras
- Experienced yoga and meditation teacher Swami Saradananda makes complex, spiritual concepts clear, accessible and relevant to modern life
- Each chapter focuses on a key holistic benefit that will appeal to experienced MBS seekers and holistic health fans alike

SYNOPSIS:

"Humorous and wise, gritty and real, Brett Moran is a spiritual gangsta who knows the score about transformation. In Wake the F**k Up he shares the tools and techniques he's learnt on his journey so you can do the same. Whether you're looking to overhaul your health and energy, achieve your goals, or overcome negative behaviours and patterns, Wake the F**k Up will show you how to:

Tap into the natural highs of life by using meditation and mindfulness to help you overcome negative thoughts and feelings before creating a vision for what you want to achieve.

Move from lost to alive by learning how to smash negative habits and re-engineering your energy through healthy lifestyle habits and a by creating a positive mind-set.

Be successful and happy no matter what life throws at you through simple gratitude practices and living more authentically.

Real-life stories throughout will inspire you to think big and achieve even bigger while tough questions will help you overcome negative conditioning and start living the life you want, every day becomes an epic adventure.

""I'm a big fan of Brett's work. He speaks with an authenticity that inspires you to truly be yourself""

Dr David Hamilton, Bestselling Author When you wake the f*ck up"

