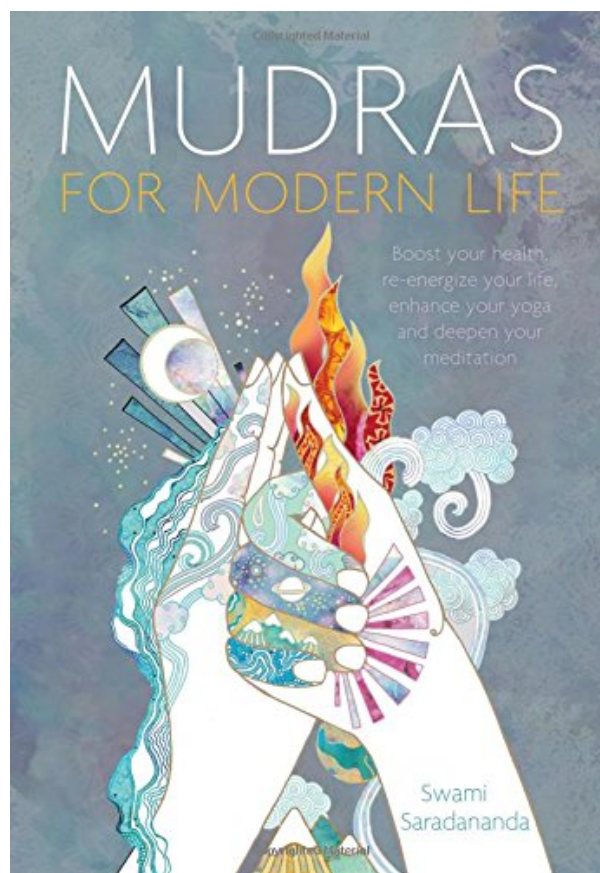
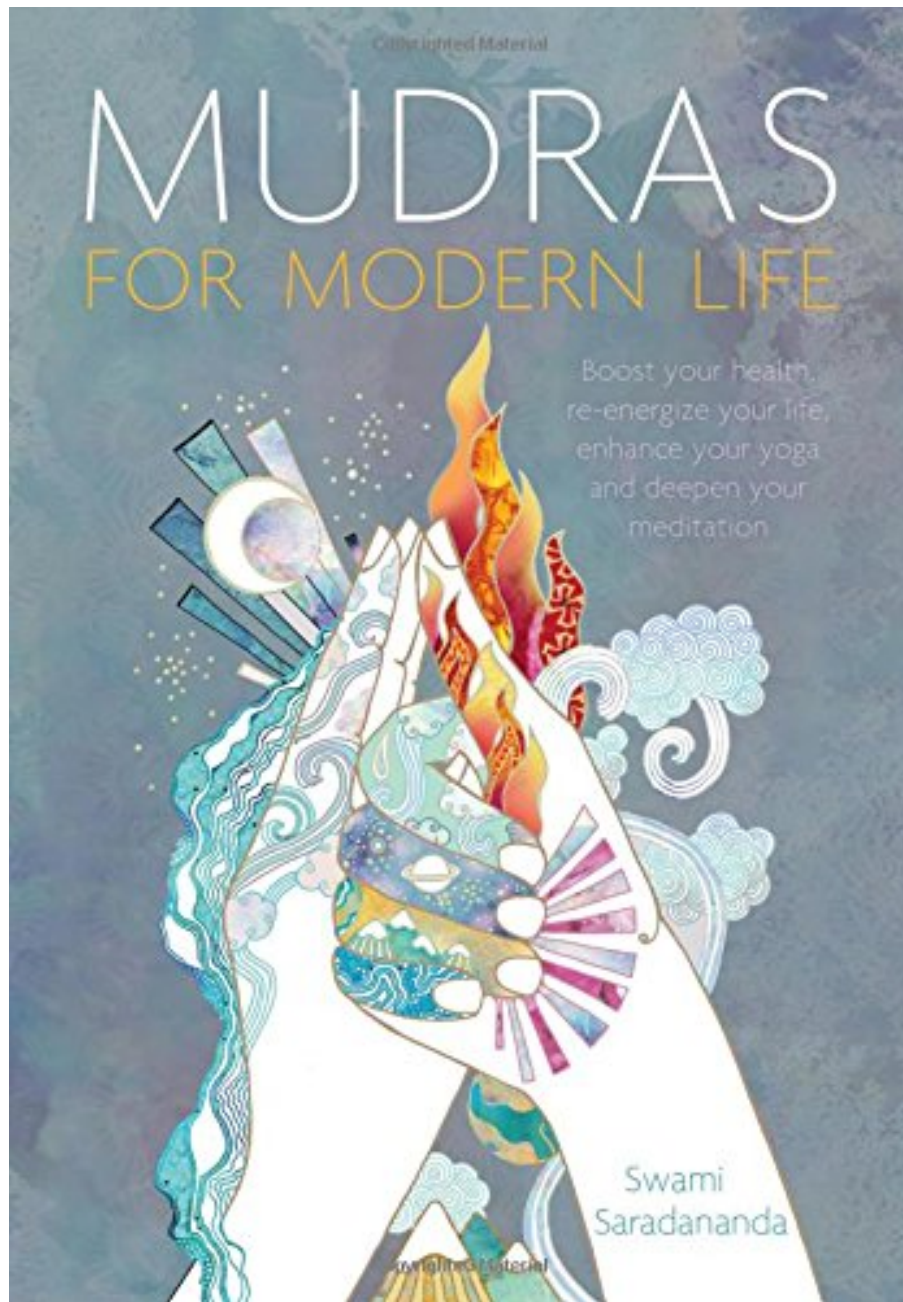


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About the Author

Swami Saradananda is an internationally-renowned yoga and meditation teacher who inspires you to want to practice. She presents a down-to-earth approach to inner peace and vibrant health. A senior student of Swami Vishnu-Devananda, she is the author of a number of books, including *Chakra Meditation*, *The Power of Breath*, *Yoga Mind and Body*, *Relax and Unwind with Yoga*, and *The Essential Guide to Chakras*. After working for almost thirty years with the International Sivananda Yoga Vedanta Centres as a senior teacher in New York, London and Delhi, Swami Saradananda did intensive personal practice in the Himalayas. Now based in London, she teaches yoga and meditation worldwide, leads pilgrimages to India and writes extensively. The author lives in London, England.

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Transform your life through the power of mudras – subtle but highly effective hand gestures that boost health and wellbeing. With easy-to-follow instructions, inspiring artworks and informative photographs throughout, this is the definitive illustrated guide to mudras, ideal for experienced yogis and newcomers alike.

Increase your inner strength and vitality, relieve stress, anxiety and fatigue, cultivate joy, peace and creativity, enhance concentration and clarity, and much more!

Discover the meditations, visualizations, breathing exercises (pranayama), mantras and yoga poses (asana) that enhance the power of the mudras.

Benefit from a range of specially designed mudra routines for specific health issues, from stress and insomnia to arthritis and headaches.

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About the Author

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Most helpful customer reviews

9 of 9 people found the following review helpful.

A great book to help you find a more natural approach to aiding your health and well-being.

By Janis - Eclectic Mumma

I would like to thank Watkins for providing me with an ARC of this book in exchange for an open and honest review.

An uplifting book. I'd never really heard of Mudras before, except for a few positions I was taught with basic yoga poses. But what has amazed me is how many Mudras poses I actually already use – by instinct – for the reasons shown in this book. As in calming, focussing my mind, etc.

I know some people will think I am into all sorts of weird and hippy fru fruisms, but Mudras is NOT one of them! There is far too much evidence out there showing these positions benefit people as they say they do. I tried some out in between reading and I was amazed at home something that seemed so simple could do such amazing things to how I felt.

To the technical side of things: the formatting of 'Mudras for Modern Life' is clear, precise and filled with many helpful images and corresponding text that uses simple – but not condescending – instructions to help you find the right pose to aide you. I loved the colourful pictures that broke the book into the different elements too.

The 'Daily Routines of well-being' and glossary at the end of the book were also exceedingly helpful and allow the reader to quickly refer to areas of importance to them without having to flip through the whole book.

Would I recommend this book to others? Yes I would, though I am afraid they would need to have an open mind and be ready to try something that isn't "main stream". Thankfully most people I know are lovely and open minded about such things and so would benefit from this book. I feel they may find doing the Mudras shown an easier option than full yoga poses, and still get the same sorts of benefits from them.

Would I buy this book for myself? I would. In fact, it will probably be on my Amazon wish list by the time you read this review. I found it an energising, stimulating and educational book. As said, I was amazed at exactly how many poses I already do instinctively to gain the benefits they give. I really clicked with 'Mudras for Modern Life' and love it a lot.

In summary: If you're looking at more natural alternatives to help with stress, concentration, sleep and a myriad of other issues – this book is for you. Don't ignore it because it's not "main stream" as it is an ancient and proven remedy to many different problems. Try it, really open you mind and try it – you will thank me later. ;-)

5 of 5 people found the following review helpful.

Best mudra book. Perfect for anyone learning about the various mudras and integration into daily life.

By Amazon Rocks!

This mudra book is exactly what everyone should get who is searching Bout mudras. It is broken up by the elements, each is one page summary of the mudra impact, method and integration into your life. It honestly changed my life. They have a picture for each hand gesture and it is extremely well written and concise.

3 of 3 people found the following review helpful.

Five Stars

By User

Excellent book, with a lot of additional nuggets for good health & well-being.

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