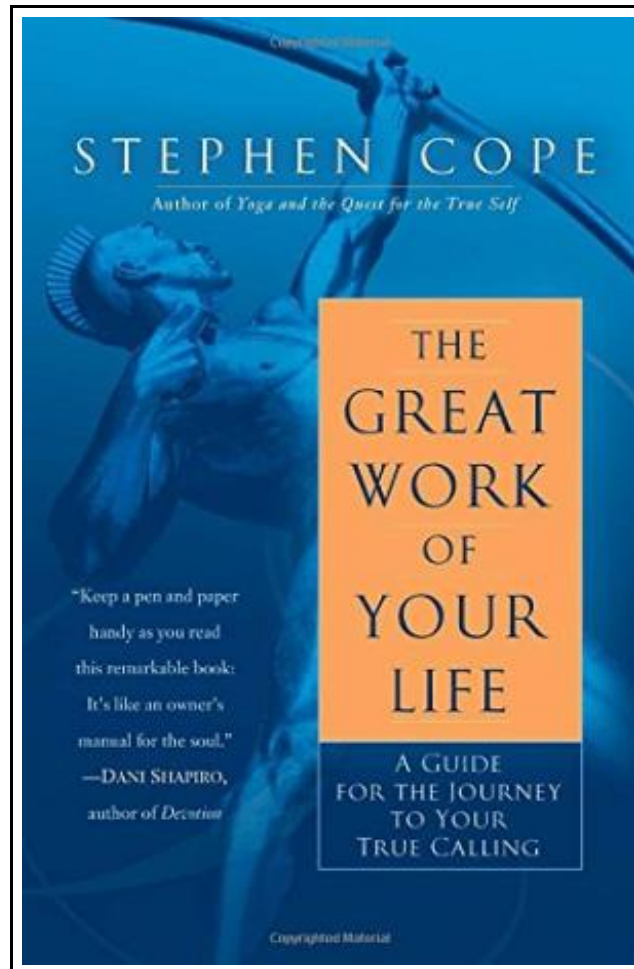


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THE GREAT WORK OF YOUR LIFE: A GUIDE FOR THE JOURNEY TO YOUR TRUE CALLING



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Bantam. Paperback. Book Condition: New. Paperback. 304 pages. From the director of the Institute for Extraordinary Living at the famed Kripalu Center for Yoga and Health comes an incisive and inspiring meditation on living the life you were born to live. In this fast-paced age, the often overwhelming realities of daily life may leave you feeling uncertain about how to realize your lifes true purposewhat spiritual teachers call dharma. But yoga master Stephen Cope says that in order to have a fulfilling life you must, in fact, discover the deep purpose hidden at the very core of your self. In *The Great Work of Your Life*, Cope describes the process of unlocking the unique possibility harbored within every human soul. The secret, he asserts, can be found in the pages of a two-thousand-year-old spiritual classic called the *Bhagavad Gitaan* ancient allegory about the path to dharma, told through a timeless dialogue between the fabled archer, Arjuna, and his divine mentor, Krishna. Cope takes readers on a step-by-step tour of this revered tale, and in order to make it relevant to contemporary readers, he highlights well-known Western lives that embody its central principlesincluding such luminaries as Jane Goodall, whose life trajectory shows us the power of honoring The Gift; Walt Whitman, who listened for the call of the times; Susan B. Anthony, whose example demonstrates the power of focused energy; John Keats, who was able to let his desire give birth to aspiration; and Harriet Tubman, whose life was nothing if not a lesson in learning to walk by faith. This essential guide also includes everyday stories about following the path to dharma, which illustrate the astonishingly contemporary relevance and practicality of this classic yogic story. If youre feeling lost in your own lifes journey, *The Great Work of Your Life...*



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