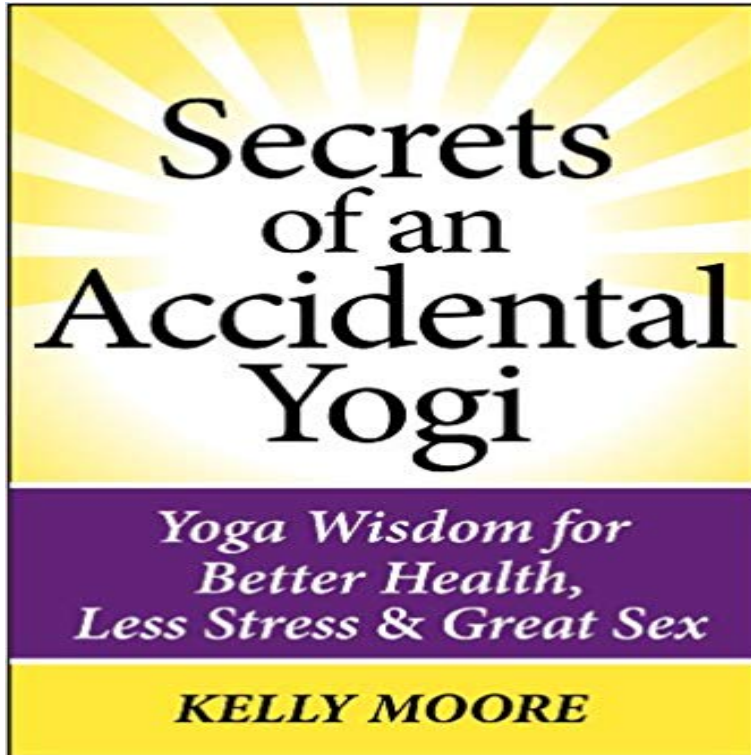


Secrets of An Accidental Yogi: Yoga Wisdom for Better Health, Less Stress & Great Sex



In the mid-1990s, an intrepid 20-something United Nations official from New York City found herself in the midst of a war. Unarmed and lacking any military training, she routinely confronted men with guns, traveled alone to the scenes of active military operations and told the world about hidden mass graves. Several years later, in the safety and comfort of her home in Washington, D.C., she woke up in the middle of the night consumed by fear. And so a yoga practice begun as therapy for a running injury became the source of personal and professional transformation. In *Secrets of An Accidental Yogi: Yoga Wisdom for Better Health, Less Stress and Great Sex*, Kelly Moore offers a down-to-earth, playful and insightful guide not only for beginning or deepening your yoga practice, but also for creating your most authentic, happy and fearless life. No yoga experience required. As she dismantles some of the most common myths about yoga with humor and conviction including the belief that you have to be flexible and eat tofu pie Moore takes the reader through a masterful discussion of yoga's 10 most important, yet unheralded, principles. Things like pause, listen, let go. When you start applying these nuggets of wisdom on and off your mat, Moore explains, you'll transform your yoga and your life. Among other benefits, you'll enjoy improved health, less stress, great sex(!) and a yoga practice that's just right for you. Accompanying each secret are detailed instructions for a simple yoga pose to help you better understand it. Sprinkled throughout the book are true (and often hilarious) stories, inspirational quotes and tips for added insight and motivation. Let's get started!

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