



# ***LIVING LOVE***

## ***The Yoga of Yama & Niyama***

**Yogic Practices for Living a  
Value-Based Life**

***Living Live*** goes into depth on how a spirit-based life can impact you psychologically and create attitudes and behaviors that help you resolve anxiety, depression and similar difficulties and create positive life supporting habits.

***Living Love*** explores ancient yogic practices, for living in the world, from a psychological perspective offering great depth and insight. It nurtures, supports and grounds being.

***Living Love; The Yoga of Yama and Niyama*** explores how you can establish value-based attitudes and behaviors, such as non-violence, authenticity, self-love and inner contentment, that allow you to connect with and embody your spiritual truths and dharma. It explores love, forgiveness, gratitude, compassion, facing the shadow, healing the mind, service, happiness and more. This is a book for healing the heart and guiding the soul. This book can really help you.

**Live Your Life with Authenticity and Love**