



Beautiful Practice: A Whole-Life Approach to Health, Performance and the Human Predicament

Frank Forencich

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As we all know, today's world presents us with an unprecedented set of perplexing challenges: habitat destruction, lifestyle disease, crushing stress, fragmented attention, anxiety and social conflict. Our bodies are suffering, our minds are confused and our spirits are in turmoil. We need knowledge and understanding, but we also need experience, participation and engagement. In other words, we need a practice. *Beautiful Practice* is a multi-disciplinary guide to the art of living skillfully and mindfully in the modern world. This book will lead you through a progressive series of lessons, each designed to reveal one crucial aspect of living our beautiful adventure. Use these lessons to develop a personal practice, refine an existing program or create a new practice from scratch. This book is for trainers, coaches, classroom teachers, yoga teachers, martial artists, professionals, managers and parents; the ideas in this book will enhance your efforts in any discipline. So please join in. Sweep the dojo, empty your cup, bow to the mat and let's begin.

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