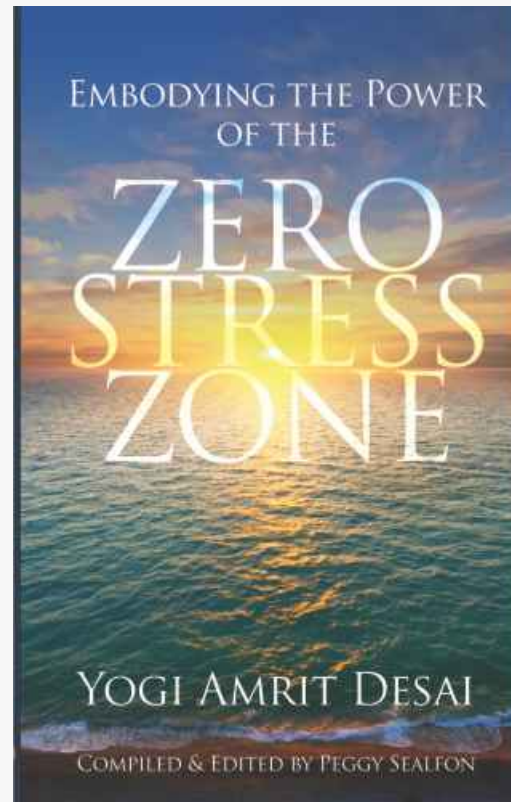


Powerful New Book Explains the Truth of Existence and How to Be Happy

Internationally-recognized Spiritual Master Yogi Amrit Desai's teachings guide readers into an effortless way to resolve life's stressful conflicts

NAPLES, FLORIDA, UNITED STATES, January 12, 2017 /EINPresswire.com/ -- Stress, anxiety, depression and human suffering can be solved more easily by awakening an inner dimension. World-renowned Yogi Master (Gurudev) Amrit Desai's newest book *Embodying the Power of the Zero Stress Zone* illuminates a direct route to find sustainable relief and connect to an expansive reality.

"Gurudev's breakthrough approach, passed down through his lineage, is far more adaptable and accessible for anyone to activate rapid personal change in today's tumultuous lifestyles than anything currently available," says Peggy Sealon, who compiled and edited the book. "To enter the Zero Stress Zone, you'll access ancient sacred teachings, demystified and explained in an approachable way so they can be applied practically in everyday life." Once you learn how to connect to the source within, you can enter the Zone regardless of where you are, what you are doing, or whom you are with. When you cultivate the consciousness--the source of everything you do--you are empowered and your world changes in miraculous ways. This book tells all. When you understand the truth of existence, you'll know how to live life fully.



Review copies for media are available electronically by emailing a request to Info@StonewaterStudio.com

Embodying the Power of the Zero Stress Zone

by Yogi Amrit Desai

Compiled & Edited by Peggy Sealfon

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Stonewater Studio Books at Barnes & Noble and Amazon.

About Yogi Amrit Desai

Gurudev Shri Amritji (Yogi Amrit Desai) is an internationally recognized authority on yoga and holistic living. Widely acknowledged for carrying the authentic voice of yoga to the world, he has been honored both in the United States and abroad. Some of his distinguished titles include Doctor of Yoga, Jagadacharya (Universal Teacher), and the rare Vishwa Yoga Ratna, awarded by the President of India. Gurudev Amrit Desai began teaching yoga in 1960, making him one of the earliest pioneers of yoga in the West. Following a profound life-transforming Kundalini awakening, he developed a methodology that altered the popular notion of yoga as a physical discipline and reintroduced a spiritual dimension to the practice of Hatha Yoga. He named this approach Kripalu Yoga: Meditation in Motion, in honor of his guru, Swami Kripalvanandji. The yoga society Yogi Desai founded eventually grew to become Kripalu Center for Yoga and Health, one of the largest centers of its kind in America. The methodology he developed has evolved into the Integrative Amrit (I AM) Method, which he continues to refine at the Amrit Yoga Institute, the thriving Yoga and Ayurveda Center in Salt Springs, Florida. Today, his approach is practiced by thousands around the world, with certified teachers in 37 countries.

About Peggy Sealfon

Peggy Sealfon is certified in Integrative Amrit (I AM) Yoga and Yoga Nidra. Known worldwide as a Personal Development Coach, Author and Motivational Speaker, Peggy is also trained and certified in modalities from functional medicine and psychology to the neurosciences and energy medicine. She owns Stonewater Studio, a natural way to health and wellness, and is a former journalist from New York City. Her best-selling book is *Escape From Anxiety—Supercharge Your Life With Powerful Strategies From A to Z*.

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