



# **A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing**

*Max Strom*

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## **A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing** Max Strom

We can do more with this life. We all know it, we all wish for it, but just how to do it—that eludes us. In his new book, *A Life Worth Breathing*, internationally renowned yoga teacher and spiritual philosopher Max Strom shows us the way. His groundbreaking book reaches past expected dogma in a language that is vital, inspired, and accessible. Strom leads us on a journey of self-discovery as we excavate our past in order to have a better understanding of our present.

According to Max Strom, “We live in fear of terrorism but in actuality the most devastating terrorism comes from within us as we sabotage ourselves.” With practical techniques, *A Life Worth Breathing* offers us a path to transformation with visionary insights on forgiveness, gratitude and self-empowerment. The teachings are rooted in Yoga, Sufism and Eastern philosophy, but make no mistake, this is not just another yoga book of postures, it is a guidebook for living. *A Life Worth Breathing* teaches us that by healing our past emotional wounds, silencing the inner critic that cripples us, and cultivating a yoga and breathing practice, we can elevate ourselves from the mindset of a reactionary victim to a higher level of awareness and empowerment. With these life skills we can achieve our true destiny, that of a fully integrated soul living an authentic life of meaning, success and joy. A life worth living, a life worth breathing.

## **A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing Details**

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Author : Max Strom

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## **From Reader Review A Life Worth Breathing: A Yoga Master's Handbook of Strength, Grace, and Healing for online ebook**

### **Tina says**

Ready to turn back to page 1 and read it again. Remarkable!

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### **LouLou says**

Read review in its entirety at <http://www.compassbookratings.com/rev...>

A beautiful look into the mindset of Max Strom, a worldwide respected teacher of personal transformation and yoga, A Life Worth Breathing satisfies a soul who's held its breath in for far too long.

Focusing on what Strom calls, The Three Pillars of Transformation: body, mind, and emotions, the student/reader will learn to simultaneously immerse change within these three areas to culminate in a sacred journey within one's own self, a personal evolution.

“It is nearly impossible to walk a spiritual path while the mind and emotions are in chaos and our bodies are weak and/or sickly. The aim of this book is to lead you into yourself, for it is within you that firsthand knowledge dwells.”

The book is primarily divided into the afore mentioned three sections: body, mind, and emotions. Strom is able to convey his personal insights and experiences with each “pillar” in a friendly, modest fashion. His metaphors read like parables and give greater comprehension to the subject being discussed. Every few pages “exercises” or suggested activities are given to expand reader into student and eventually into mastering of his/her own self. These exercises are a beneficial tool to expand on what is being taught. It is one thing to know something by reading it; it is another to know by experiencing it.

A minor irritant is the repetition of some words and sentences. This could possibly be the author's way of driving home a point, and it may not bother some readers, as it is not incessant.

Readers of all dominations of faith can rest assured that even though Strom references different religious material, it is done respectfully. There is no pious criticism. In fact, all faiths are esteemed and given honorable recognition.

Seeking physical, mental, and spiritual healing? If so, Max Strom's A Life Worth Breathing, could be worth the investment.

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### **Tiffany says**

I ABSOLUTELY LOVED THIS BOOK! It had a huge impact on me. I'm in the middle of yoga teacher training at a nearby yoga studio, and Max's book was required reading for us leading up to a weekend of

workshops with Max. What a wonderful human being he is! He is an excellent story teller, as is evidenced in this book. What Max writes will get you to think about how you are living, and you might even find yourself inspired to live a life of more meaning.

I highly recommend reading this book, (and when he's speaking near you) seeing Max in person. If he's not traveling near your neck of the woods, definitely watch his youtube videos (start with his Ted talk: Breathe To Heal).

Max's next book is coming out in the middle of next year (summer 2018) and I can't wait!

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### **Mj says**

#### **if you do Yoga, do this book**

Max tells it like it should be. It is a book you will want to go back and reread parts of again, just to have the info settle into your thoughts. Anyone who has started doing Yoga will find this book very insightful and have you reaching for that inner connection and being. The author may get a bit caught up in the Eco system too much but not in challenging yourself to find out who you are and were created to be.

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### **Erin says**

I love this man and the book was amazing as well. I know it took me forever to read this but I really enjoyed this book. My life, on the other hand, has gone off on a different tangent and I haven't spent as much time reading for pleasure or education lately. I started his book last year prior to taking a weekend workshop with Max Strom at a yoga studio here in town. He is the most kind hearted and loving man I have ever met or had the pleasure of practicing with. I can't say that I have mastered what I learned then or what was in the book but it has transformed me none the less. I highly recommend this book and his breathing or yoga DVDs. If you have a chance to take any of his yoga classes, do it, don't hesitate. You will not regret it.

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### **Elizabeth Amber Love says**

While there were certainly philosophies that I don't agree with, Strom presents his thoughts in a clear and organize fashion. He is passionate and it comes through. And despite the few things that didn't resonate with me, most of the book's message does.

It feels like it comes from a place of privilege as an American reading it. Not everyone can travel the world to see what "real" poverty is; we have our own versions and experiences with it. I understand he was trying to make a point that even Americans at their worst have "more," it felt condescending on that subject.

I highlighted a ton of inspiring passages and would still recommend this book.

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## **Mireya says**

One of those books that changes your perspective of life. This book has touched me deeply. It has taught me so many things. I started reading it with a marker in my hand and its pages are now full of highlights and margin notes. I want to read it again. And again. And apply its content and learnings every day. Thanks Mr. Strom!

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## **Abby says**

In this clear and beautiful book, Max Strom lays out the three pillars of healing: the physical body, the emotions and the mind.

Starting with his own story, Strom puts it all out on the line, why we need yoga, why it's good that yoga is starting with the upper-middle classes (the decision makers and money makers), and why we can't wait a moment longer to embark on our own personal journey to wellness and living a life worth breathing.

Clearly written with great metaphors and stories woven into his argument, this is a perfect book for yoga beginners. Unlike some other books which are given to beginners (Light on Yoga) Strom's book is utterly non-judgmental. It's less about physical asana and more about starting to noticing the things that make you feel good and what makes you feel bad. Just a gentle noticing of things in your life. It's hopeful, attainable and a frame of mind that benefits everyone, regardless or whether or not they decide to pursue a physical practice.

I would give this book to anyone looking to start a yoga practice and will be returning to this book again and again for inspiration.

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## **carrie says**

I actually got this book \*after\* taking a few classes with Max Strom when he was here at our local yoga studio. What a wonderful human being he is. A great teacher who runs challenging classes that make you laugh and think. I credit his classes and this book with helping me put into words the ways in which yoga continues to transform my life in every big and little way, all for the better. However, you don't have to be a yogi in order to benefit from his wisdom and his spiritual, ecumenical, pan-religious philosophies; he sees more similarities among people and, naturally, religions and ideas, than most are willing to admit. It's a great read if you are feeling lost and want to rediscover your authentic self but are not interested in seeing a therapist. His book offers another approach at self-reflection and self-inquiry.

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## **Lisa Kay says**

★★★★★ (This is a review of the audiobook.) Good Gravy Beans! I loved this book. I listened to it again, right after I finished it. Lovely book. Now I have to go out and find more books by Max Strom. Went to B&N last night, but no luck. \*\*sigh\*\* or rather... \*\*deep breath\*\* LOL!

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### **Sky says**

So far a lot more of a life coaching book than yoga book.

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### **Fiona says**

This is one of the best books I have read in a long time. It will get you thinking about your life and your decisions. It will inspire you to lead a more balanced life, one in which you aspire to be kinder to yourself and those around you. It is not so much that there are any new or radical ideas in this book, but more the beautiful and clear way that he presents those ideas. It will have you paying more attention to the way you interact with others, as well as with yourself.

I would encourage everyone to pick up a copy of the book, I am confident that most if not all of the book will speak to you and your outlook on life will be so much better for having read this!

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### **Beth Honeycutt says**

I think I am getting stingy in my old age with 5 star ratings:-)

I can't wait to see Max Strom in April. What an amazing, inspirational man with a message for all people - not just yogis.

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### **Ron Vitale says**

Much of what I read in this book is common sense. That's both a good thing and a bad one. If you're willing to be open minded, you'll read lines such as "practicing yoga 4 times a week is encouraged" and be able to make time for that. If, like me, you're new to the whole yoga experience, trying to figure out how to make time is daunting.

And I think that is where the book shines: How much TV or news reading do we do each day? Strom suggests that if we cut down watching the cat videos and being on Facebook with our "friends" that we might have more time for our spiritual, mental and physical health. All makes perfect sense.

The challenge is making the time. Each of us needs to balance work, play, family, responsibilities and cram in health. And I'm not happy about that. Should I get up at 4:30 am instead of 5 am? Should I not work on finishing my next book to spend time with my kids or do yoga? As a parent, the small amount of free time I have day is a fact. Moving forward, I'm practicing making time.

One line in the book has stayed with me: "Time = life." It's that simple. What we choose to spend our time on is literally grains in our own personal hourglass. One day we will die. Strom asks: "If you had one year left to live, how would you spend that time?" Once you have that answer, he advises that we live that way.

Not bad advice at all. Hard choices will need to be made, but maybe that's a good thing.

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### **Tabitha Donaghue says**

This book is really an exercise in believing in your own intrinsic worth as a living being arrayed in a magnificent matrix of body and mind. As you proceed through it you are gently stripped of negativity, and buoyed on encouragements to be sweet to yourself, and sweet to others. The single best line in this book is: 'perhaps it is the addiction itself we hunt, not the prize.' I go in for this sort of thing, so I found this book very insightful and soothing and helpful. It wants you to move with light baggage and full breaths.

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