



Breaking Free from Sloth: A HarperOne Select (HarperOne Selects)

Donna Farhi

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In this selection from *Bringing Yoga to Life*, one of America's most respected and loved Yoga teachers helps free us from the trivial humdrum of daily life and shows us how to live more fully by connecting with our soul.

In *Breaking Free from Sloth*, Donna Farhi presents the philosophy of yoga as a path to a deeper awareness of self. Drawing upon her years of teaching with students and writing in an engaging and accessible style, Farhi guides readers through the pitfalls of sloth and reveals the promises of navigating a spiritual practice.

“If we define a Yoga practice as an awareness of and investment in our most cherished values, we may be dismayed to discover how little real energy we designate to the central purpose of our life. So when I speak of a habitual disinclination toward effort, I am speaking specifically about purposeful effort. In what ways are we sabotaging ourselves, and how can we extricate ourselves from the mire of self-indulgence?”—from *Breaking Free from Sloth*

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From reader reviews:

Reginald Hunter:

Have you spare time to get a day? What do you do when you have a lot more or little spare time? Yeah, you can choose the suitable activity for spend your time. Any person spent their own spare time to take a move, shopping, or went to the Mall. How about open or even read a book titled Breaking Free from Sloth: A HarperOne Select (HarperOne Selects)? Maybe it is being best activity for you. You know beside you can spend your time using your favorite's book, you can wiser than before. Do you agree with their opinion or you have additional opinion?

Kathleen Strickland:

Spent a free time to be fun activity to try and do! A lot of people spent their spare time with their family, or their friends. Usually they doing activity like watching television, likely to beach, or picnic inside park. They actually doing same thing every week. Do you feel it? Will you something different to fill your own personal free time/ holiday? Can be reading a book may be option to fill your cost-free time/ holiday. The first thing you will ask may be what kinds of book that you should read. If you want to consider look for book, may be the reserve untitled Breaking Free from Sloth: A HarperOne Select (HarperOne Selects) can be great book to read. May be it could be best activity to you.

Kelsey Palermo:

Playing with family inside a park, coming to see the coastal world or hanging out with close friends is thing that usually you may have done when you have spare time, subsequently why you don't try matter that really opposite from that. A single activity that make you not experience tired but still relaxing, trilling like on roller coaster you are ride on and with addition of information. Even you love Breaking Free from Sloth: A HarperOne Select (HarperOne Selects), you may enjoy both. It is great combination right, you still need to miss it? What kind of hangout type is it? Oh seriously its mind hangout guys. What? Still don't buy it, oh come on its named reading friends.

Margaret James:

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