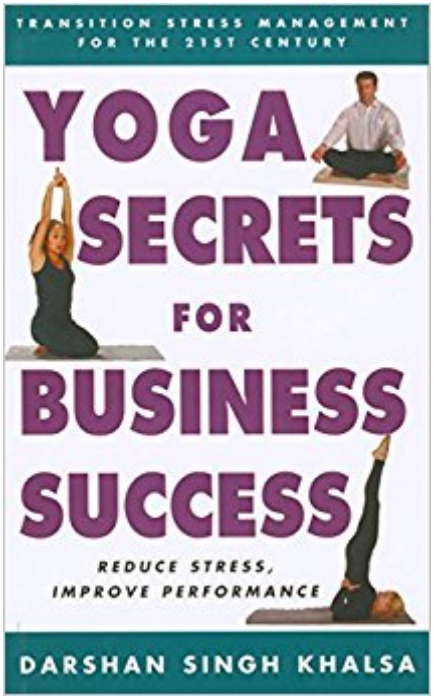
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Yoga Secrets For Business Success: Transition Stress Management For The 21st Century



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Synopsis

Everyone knows that yoga can reduce stress. This book shows how it can also bring success to every aspiring business-person. After over 20 years working in Fortune 500 companies, Darshan Singh Khalsa realized that he and his colleagues needed help: coping mechanisms to meet head-on the daily challenges, deadlines, pressures and office politics that define the workplace, even while improving their productivity. He turned to Kundalini Yoga, a method of yoga that has been practiced for thousands of years, and started his own yoga consulting business in the process. This book contains the simple exercises and meditations - some that can be practiced at the office - that Khalsa has been teaching to corporate clients for the past decade. In 30 no-punches-pulled illustrated chapters, he shows readers how to relax within three minutes, energize immediately, handle sleep deprivation, relieve headaches, conquer fear and depression, manage anger, improve decision making, sharpen concentration, improve self-esteem and discover personal magnetism. Throughout the text, anecdotes from Khalsa's students and colleagues attest to the success of the techniques.

Book Information

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Customer Reviews

Yoga can help you climb the ladder of success faster and enjoy your job more. During his twenty years in Fortune 500 companies, the author realized that he and his colleagues needed a way to meet the daily challenges of their high-pressure work. He turned to yoga with such triumph that he soon began his own yoga consulting business. Yoga Secrets For Business Success contains the simple exercises and meditations-many of which can be done right in the office-that he has been

teaching to corporate clients for the past decade. Learn to be a leader, relax in three minutes, energize immediately, relieve headaches, conquer fear and depression, manage anger, improve decision-making, sharpen concentration, become more intuitive and discover your charisma. (5 1/4 x 8 1/2, 224 pages, color photos)Darshan Singh Khalsa, an internationally certified Kundalini Yoga teacher, founded Transition Stress Management, Inc., providing business innovation consulting and stress management services. His clients include Citibank, Hewlett Packard, IBM, and Southwestern Bell. He is a member of the International Kundalini Yoga Teachers Association, the International Yoga Association, and the Yoga Alliance. Khalsa is also a master storyboarder and recipient of the Storyboarder of the Year Award in 2001.

Darshan Singh Khalsa is the founder and president of Transition Stress Management, Inc., providing business innovation consulting and stress management services to meet the requirements of global corporations. His clients include Citibank, Hewlett Packard, IBM, Kodak, Phillips Petroleum, PricewaterhouseCoopers, and Southwestern Bell. He is an internationally certified Kundalini Yoga and meditation teacher. His book has received the Kundalini Research Institute’s Seal of Approval.

This wonderful little book demonstrates how to integrate the spiritual principles of yoga into the challenges of the business world. Exercises featuring mudras (hand positions) and mantras or chants designed to address specific challenges including anger, self-esteem, stress and prosperity are presented with photographs and detailed instructions. The exercises do not require tremendous flexibility or athletic prowess--you do not have to become a human pretzel to master them. They are effective and fun and not terribly time-consuming unless one wishes to make a discipline. I appreciated the beautiful photographs that are featured throughout the book. They are both calming and exhilerating.My quibbles are few. First is the size of the book. Although it is compact and therefore easy to slip into a briefcase or handbag, it is difficult to prop open without damaging the binding--something that is necessary when learning some of the exercises. At times it is dificult to see the mudra being demonstrated by the model in the photograph with the actual exercise and it becomes necessary to consult the mudra section in the back. And finally, this is one of those books that would benefit by including a CD of the mantas. This would assist in correct pronunciation and mastering the melody.I strongly recommend this book both for its efficacy and for making yoga easily accessible in a stress filled forum.

Very useful book for yoga teachers and others. It has handy and short exercises to fix many situations in your (business)life. Also when you pick some of the exercises or meditations and continue doing them, you start building a different angle of perception in your self. You will start coming from a place of neutrality and presence. I like the examples from real life that Darshan Singh gives.

I enjoyed it and will use it!

it’s a good and helpful book, here are almost all meditations (kundalini yoga); to enjoy the benefits you have to do them for at least 40 days.

Good book. Yoga is definitely a must for everyone looking for a better life.

I love this book. It’s different and easy to use. Sometimes when I’m having a problem....I just pick this up and see if my problem is in here and I do what the book says.....This is a really good book to have.

I am in sales and frequently travel for work. I always make sure to pack Yoga Secrets for Business Success when I plan for a trip. The stress of traveling can wear on my body, but this book offers secret tips and exercises to keep me healthy and energized while I am away from home.I recomend this book to anyone who wants to stay positive and free from stress. You can do the exercises at home or in your hotel room when you are away!There are very clear directions and pictures showing how to do each exercise.Even if you have never done any yoga, you will find you can do any exercise in this book.I am happy I found it.Andre Coveney- Divisional Sale Manager/Square D Company

This book is not only clearly and concisely written with powerful, fast acting information, but also stunning to look at. The quality of the paper and beauty of the images make reading Yoga Secrets for Business Success a meditation in itself. It’s like owning many yoga manuals and an art book all in one.I’m a certified yoga teacher, and I particularly appreciate the excellent organization of material, precise times given for each exercise, and the highlighted benefits. The photographs are easy to follow, and the results profound.I highly recommend Yoga Secrets to both beginners and advanced students alike. Well done Darshan Singh Khalsa! When is the next one coming out?

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