

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



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 audiobook 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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