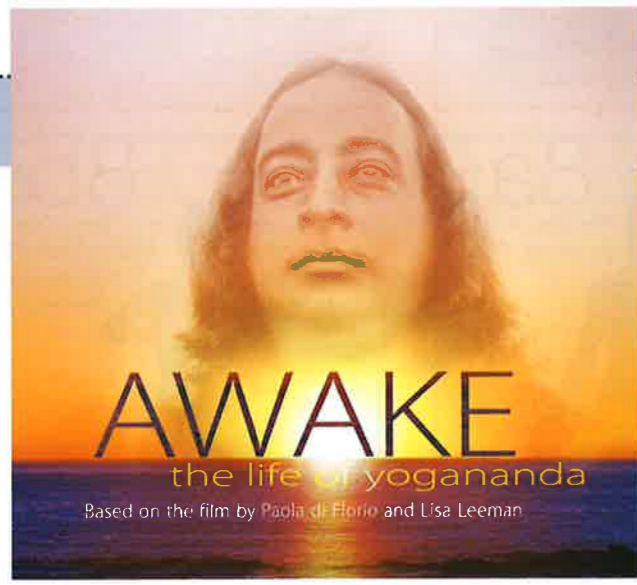


BOOKS, CD & DVD

# Reviews

“A reader lives a thousand lives before he dies, said Jojen. The man who never reads lives only one.”  
– George R.R. Martin



AWAKE The Life of Yogananda

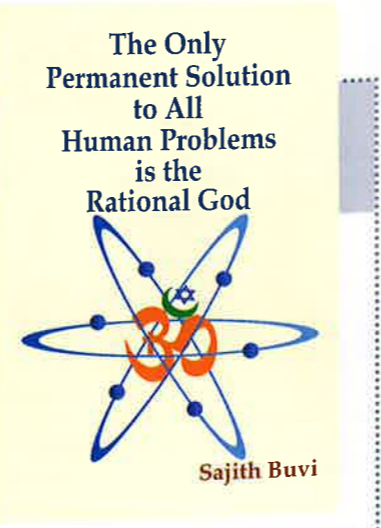
By Paola di Florio and Lisa Leeman  
Available ~ [www.srfbooks.org](http://www.srfbooks.org)

This companion book to the movie is a visual feast, featuring the entire documentary screenplay interwoven with over 400 spectacular four-color photo layouts, including a considerable collection of rare archival photos of Paramahansa Yogananda. The book parallels the journey of the film, taking us from holy pilgrimages in India to Harvard's Divinity School and its cutting-edge physics labs, from the Center for Science and Spirituality at the University of Pennsylvania to the Chopra Center in Carlsbad, California.

The Only Permanent Solution to all Human Problems is the Rational God

By Sajith Buvi  
Available ~ [www.godisrational.com](http://www.godisrational.com)

For far too long across the modern world, intellectuals have ignored religion as an irrational belief. They've kept religion out of intellectual discourse. In intellectual circles, science, technology, politics, history, and even the life of celebrities are often given far more importance than religion. Consequently, religion has been left to the whims, fancies, illusions, and above all beliefs of religious leaders to propagate and preach.



Sacred Earth  
KuTumba

By Prem and Jethro Williams  
Available ~ [www.sacredearthmusic.com](http://www.sacredearthmusic.com)

This beautiful album features divine mantra's floating on rich earthy tones overlaid with gorgeous harmonies, soaring flutes and acoustic guitar, designed to support connection with your inner life. The name kuTumba is the Nepali word for family or the unique bond between community members or kinsfolk, we chose this name to celebrate the three years we have taken away from recording to invite two more children into our family and the joy and inspiration they have brought into our lives.



Melissa's Healing Space  
Yoga Flow

By Melissa Borich  
Available ~ [www.melissashealingspace.com](http://www.melissashealingspace.com)

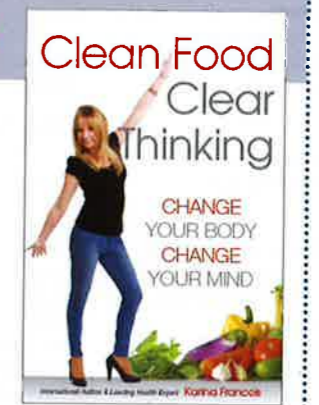
Melissa's Healing Space Yoga Flow DVD is a general yoga practice suitable for the beginner to the experienced practitioner.

Variations are offered throughout the sequence. Created with the intention to begin and complete the flow in one session. Giving an intimate class/studio feel, just like you are participating in a class at Melissa's Healing Space. A very comprehensive DVD.

Clean Food Clear Thinking

By Karina Francois  
Available ~ [www.CleanFood-ClearThinking.com](http://www.CleanFood-ClearThinking.com)

In this book Karina shares her secrets, she will show you how to achieve optimum health to give you the vitality, peace, happiness and freedom you desire and deserve to achieve an extraordinary lifestyle. Master your body and mind to an amazing future.



Chakra Mindset

By Antoniette Gomez  
Available ~ [support@chakramindset.com](mailto:support@chakramindset.com)

Chakra Mindset is perfect for the person who wants to learn more about the chakras by actually applying that knowledge toward making positive personal life changes. The author combines NLP with chakra consciousness to help the reader identify and reprogram self-defeating core beliefs. Using non-intellectual methods such as yoga, crystals and aromatherapy, the reader is given an arsenal of modalities to communicate effectively with the subconscious and ease it into a more productive mindset.