



Know Thyself

A wonderful and thoughtful guide, which takes the reader through all the many ways there are of answering the question "Who am I?" from the basic to the transcendental. It explores philosophical and scientific views of human nature; underlines the way in which we shape our identities in response to technology; and asks who we will become in the future. Who on Earth are You? A Field Guide to Identifying and Knowing Yourself by Nick Inman (Findhorn press) £9.99 findhornpress.com

Who on Earth are You?

a field guide to identifying and knowing yourself

NICK INMAN

"A highly practical and engaging book. Recommended reading for just about everybody and anybody."
Dr Russ Harris author of *The Happiness Trap*

mindfulness for busy people



turning
FRANTIC AND FRAZZLED
into
calm and composed

Dr Michael Sinclair
and Josie Seydel

Busy Yet Still

Written by two of the UK's leading psychotherapy experts, Mindfulness for Busy People is an excellent book that focuses specifically upon the needs of those who are always on the go, allowing them to easily incorporate mindfulness into those habitual activities we do on autopilot, such as taking a shower or standing in a queue. The 224-page handbook uses proven, scientifically sound techniques that can boost self-confidence and self control, reduce stress and increase productivity and creativity. Highly recommended.

Mindfulness for Busy People by Dr Michael Sinclair and Josie Seydel (Pearson) £12.99. Available from amazon.co.uk

The Essential Iyengar Guide

This excellent book features full colour step-by-step photography of Iyengar yoga poses, sequences and pranayamas which were supervised by the great man himself. This is a classic reference guide which includes a special 20-week course for beginners and sequences developed to help alleviate over 80 ailments from asthma to IBS. This special celebratory and updated edition also features a brand new chapter celebrating the life and work of B.K.S. Iyengar, who is now 95 and continues to practise and teach yoga. A definite 'must have!' B.K.S. Iyengar Yoga: The Path to Holistic Health (DK) £25 dk.com



B.K.S. IYENGAR YOGA

THE PATH TO HOLISTIC HEALTH



The definitive step-by-step guide by the world's leading yoga teacher

WITH A NEW CHAPTER CELEBRATING B.K.S. IYENGAR'S LIFE AND WORK

