

Drive Enlightened: The Yoga of the Road



Drive Enlightened: The Yoga of the Road

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2844 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 82 pages



In a world that is increasingly fast-paced and stressful, it is more important than ever to find ways to slow down and connect with our inner selves. Driving can be a great opportunity to do this, but only if we approach it with the right mindset.

In her book, *Drive Enlightened: The Yoga of the Road*, Sally Kempton teaches us how to use the principles of yoga to transform our driving experience into a journey of self-discovery and spiritual awakening. Drawing on her own experiences as a long-time yoga teacher and practitioner, Kempton shows us how to:

- Bring mindfulness and awareness to our driving
- Cultivate patience and compassion for ourselves and others
- Find inner peace and tranquility amidst the chaos of traffic

- Use our driving time as an opportunity for meditation and contemplation

Drive Enlightened is a practical guide that offers simple but effective techniques that can help us to transform our driving experience from a source of stress and frustration into a source of joy and peace. Whether you are a seasoned driver or a novice behind the wheel, this book will help you to find a new way of relating to the road and to yourself.

What Others Are Saying About *Drive Enlightened*

"*Drive Enlightened* is a wonderful book that offers a fresh perspective on driving. Sally Kempton shows us how to use the principles of yoga to create a more mindful and peaceful driving experience. This book is a must-read for anyone who wants to find more joy and peace on the road." — **Jon Kabat-Zinn, author of *Full Catastrophe Living***

"Sally Kempton has written a beautiful and insightful book about the transformative power of driving. *Drive Enlightened* is a practical guide that offers simple but effective techniques that can help us to find inner peace and tranquility amidst the chaos of traffic. This book is a valuable resource for anyone who wants to create a more mindful and spiritual driving experience." — **Sharon Salzberg, author of *Lovingkindness***

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