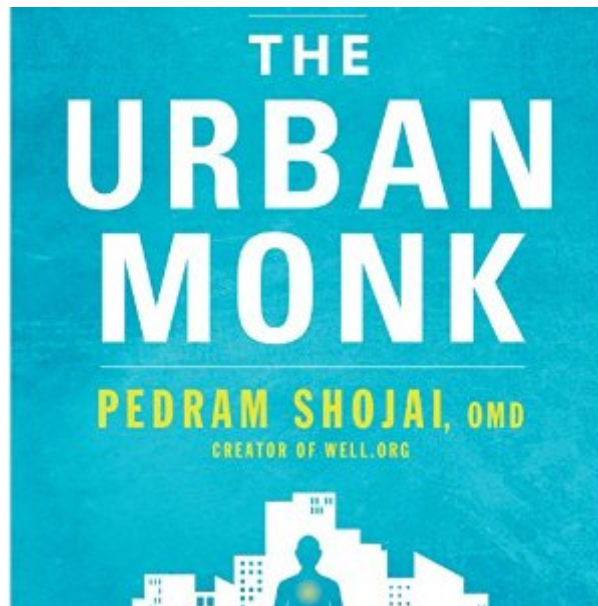


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# The Urban Monk: Eastern Wisdom And Modern Hacks To Stop Time And Find Success, Happiness, And Peace



## Synopsis

We all struggle to discover satisfaction and contentment in the modern world, and yet the more technology we use, the more things seem to get worse. What are we all missing? What will it take for us to find our centers? Pedram Shojai shares how the calmness of Zen masters is attainable in today's fast-paced world, and with practice you, too, can stop time, refuel, and focus on the things that really matter. The Urban Monk, a New York Times best seller, reveals the secrets to finding an open heart, sharp mind, and grounded sense of well-being, even in the most demanding circumstances. Shojai's no-nonsense life mastery program brings together clear tools and exercises that can elevate your existence. Learn to honor your body with nutrition and shake free from addictions to toxic substances and experiences. Let your body and mind unwind each day with evening meditations, loosening exercises, and resting rituals that will keep any stress or unfinished business out of the bedroom, helping you sleep better so that your body can rejuvenate. The Urban Monk is filled with priceless practices that you can use in your daily life, right here and now. It is designed to be your companion in this crazy world we live in. Take it with you on your journey to becoming an Urban Monk. There's no need to move or drastically change your current life. You can find peace within, and The Urban Monk will teach you how to calm the chaos in your head. The world needs you to step up and live your life to the fullest. Pedram Shojai is the Urban Monk who can show you how to drink from infinity, find peace and prosperity, and thrive in a modern world.

## Book Information

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## Customer Reviews

I was hesitant to get this book just because there was so much hype leading up to the release date

and incessant spam email from Pedram Shojai and his contemporaries telling me why I need to buy his book to improve my life right now. It smelled like a scam, quite honestly. I've never seen such heavy direct marketing for a book. It's not a scam. The Urban Monk is based on the premise that our attempts as westerners to achieve peace through eastern mind/body systems doesn't work because those practices were developed by ascetics and don't integrate well with modern lifestyles. Take yoga for example. Traditionally the aim of yoga is to achieve spiritual enlightenment through self-deprivation (nearly vegan diet, giving up non-necessities) as well as physical pain and discipline attended to daily. People have attempted to fit yoga into modern lifestyles by throwing out the entire mental/spiritual/discipline component and turning it into a yuppie exercise program that you do 3x/week with some annoying peer pressure to become a morally superior vegetarian, and it obviously does not work. The Urban Monk is about finding a realistic way to fit these ancient practices into a modern lifestyle without throwing the baby out with the bathwater and completely missing the point like all those "yoga girls." The main value of this book is in the suggestions for reasonable east-meets-west solutions that we can start doing today without investing in an overpriced gym membership, fancy props, classes, a life coach, a stupid \$1500 diet program, or whatever else we're constantly told to throw money at to become a better person. Pedram's advice is based on minor diet and lifestyle changes that make major differences, with some non-denominational energy work incorporated in.

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