

# **YOGA WISE BOOK CLUB 2025**

## **JANUARY**

### **The Hidden Power of the Five Hearts**

**Kimberly Snyder**

**PAGES: 198**

**6 PAGES PER DAY TO COMPLETE IN JAN**

For millennia, the ancients believed the heart was a power center, a gateway to tapping into our highest potential. Recent research has unveiled a hidden intelligence within the heart, revealing it houses around 40,000 neurons. This “heart brain,” acts as a second brain and has a powerful influence not just on our guts and nervous systems, but on all aspects of our physical and emotional well-being.

In *The Hidden Power of the Five Hearts*, New York Times bestseller Kimberly Snyder helps you unlock the power of your heart’s intelligence. Drawing inspiration from time-honored wisdom and modern scientific understanding of heart coherence—the fascinating study of heart-brain communication—Kimberly provides transformative yet accessible insights to deepen your connection with your heart's power. In turn, you’ll experience quantum leaps in your physical health, abundance, and success, helping you attain better focus, more fulfilling relationships, confidence, and higher levels of peace while reducing stress and anxiety.

# **FEBRUARY**

Breath

James Nestor

PAGES: 214

8 PAGES PER DAY TO COMPLETE IN FEB

No matter what you eat, how much you exercise, how skinny or young or wise you are, none of it matters if you're not breathing properly. There is nothing more essential to our health and wellbeing than breathing- take air in, let it out, repeat 25,000 times a day. Yet, as a species, humans have lost the ability to breathe correctly, with grave consequences. In *Breath*, journalist James Nestor travels the world to discover the hidden science behind ancient breathing practices like Pranayama, Sudarshan Kriya and Tummo, to figure out what went wrong and how to fix it.

# **MARCH**

Devi

Devashish Donald Acosta

PAGES: 506

16 PAGES PER DAY TO COMPLETE IN MARCH

Fresh from a painful divorce, Rodrigo Arroyo boards a plane for India where he plans to spend his one-year sabbatical writing his long-dreamed-of first novel, a work of historical fiction set in India that he hopes will finally launch his quest for artistic immortality. He finds the perfect place to a clean, quiet ashram in the foothills of the Himalayas where no one will bother him as he sends his thoughts into the clear mountain air. He soon finds out, however, that the goddess has other plans for him. A chance encounter with an Indian holy woman and the unsought-for company of seekers and yogis soon transform his artistic quest into a journey of spiritual awakening, and his search for personal redemption into a tryst with the laughing eyes of the goddess.

# APRIL

## The Four Agreements

Miguel Ruiz

Pages:152

5 PAGES PER DAY TO COMPLETE IN APRIL

In The Four Agreements, don Miguel Ruiz reveals the source of self-limiting beliefs that rob us of joy and create needless suffering. Based on ancient Toltec wisdom, the Four Agreements offer a powerful code of conduct that can rapidly transform our lives to a new experience of freedom, true happiness, and love. The Four Agreements are: Be Impeccable With Your Word, Don't Take Anything Personally, Don't Make Assumptions, Always Do Your Best.

# MAY

## The Alchemist

Paulo Coehlo

PAGES: 184

6 PAGES PER DAY TO COMPLETE IN MAY

Combining magic, mysticism, wisdom, and wonder into an inspiring tale of self-discovery,.Paulo Coelho's masterpiece tells the mystical story of Santiago, an Andalusian shepherd boy who yearns to travel in search of a worldly treasure. His quest will lead him to riches far different—and far more satisfying—than he ever imagined. Santiago's journey teaches us about the essential wisdom of listening to our hearts, recognising opportunity and learning to read the omens strewn along life's path, and, most importantly, following our dreams.

## **JUNE**

### **Hollywood to the Himalayas**

**Sadhvi Bhagawati Saraswati**

**PAGES: 368**

**12 PAGES PER DAY TO COMPLETE IN JUNE**

Hollywood to the Himalayas is the enlightening memoir of a reluctant spiritual seeker who finds much more than she bargained for when she travels to India.

As a Stanford grad in the midst of getting a PhD in psychology, Sadhvi Saraswati was comfortable with her life. Despite years of grappling with an eating disorder and trauma from her early childhood, she felt as if she was successfully navigating her way through early adulthood. When she agreed to travel to India to appease her husband—and because she loved the food—Sadhvi would have never imagined that she would be embarking on a journey of healing and awakening.

## **JULY**

### **The Body Keeps The Score**

**Bessel Van Der Kolk**

**PAGES: 428**

**14 PAGES PER DAY TO COMPLETE IN JULY**

A world expert presents a sympathetic exploration of the causes of trauma and the new treatments making it possible for sufferers to reclaim their lives. What causes people to continually relive what they most want to forget, and what treatments could help restore them to a life with purpose and joy? Here, Dr Bessel van der Kolk offers a new paradigm for effectively treating traumatic stress. Neither talking nor drug therapies have proven entirely satisfactory. With stories of his own work and those of specialists around the globe, *The Body Keeps the Score* sheds new light on the routes away from trauma - which lie in the regulation and syncing of body and mind, using sport, drama, yoga, mindfulness, meditation and other routes to equilibrium.

# AUGUST

## The Untethered Soul

Michael Singer

PAGES: 200

7 PAGES PER DAY TO COMPLETE IN AUGUST

Who are you? When you start to explore this question, you find out how elusive it really is. Are you a physical body? A collection of experiences and memories? A partner to relationships? Each time you consider aspects of yourself, you realize that there is much more to you than any of these can define. In this book, spiritual teacher Michael Singer explores the question of who we are and arrives at the conclusion that our identity is to be found in our consciousness, the fact of our ability to observe ourselves and the world around us. By tapping into traditions of meditation and mindfulness, Singer shows how the development of consciousness can enable us all to dwell in the present moment and let go of painful thoughts and memories that keep us from achieving happiness and self-realization. Divided into five parts, the book offers a frank and friendly discussion of consciousness and how we can develop it.

# SEPTEMBER

Breakfast with Buddha

Roland Merullo

PAGES: 323

11 PAGES PER DAY TO COMPLETE IN SEPTEMBER

When his sister tricks him into taking her guru on a trip to their childhood home, Otto Ringling, a confirmed skeptic, is not amused. Six days on the road with an enigmatic holy man who answers every question with a riddle is not what he'd planned. But in an effort to westernize his passenger—and amuse himself—he decides to show the monk some "American fun" along the way. From a chocolate factory in Hershey to a bowling alley in South Bend, from a Cubs game at Wrigley field to his family farm near Bismarck, Otto is given the remarkable opportunity to see his world—and more important, his life—through someone else's eyes. Gradually, skepticism yields to amazement as he realizes that his companion might just be the real thing.

# OCTOBER

## Yoga for a World Out of Balance: Teachings on Ethics and Social Action

Michael Stone

PAGES: 214

7 PAGES PER DAY TO COMPLETE IN OCTOBER

Every aspect of our life has a part to play in the greater ecological system, Michael Stone explains in this book. How do we bring this large view to our yoga practice? According to Stone, our responsibility as human beings is to live in a sustainable and respectful way. He says two things need to change. First, we need to understand the relationship between our actions and the effects of our actions. Second, once we see the effect of our actions in the human and non-human world, we need practical skills for learning how to make changes.

Using the five principles ( yama ) described in the Yoga-Sutra attributed to Patanjali, Michael Stone offers a basis for rethinking ethical action and the spiritual path.

# **NOVEMBER**

The Little Light

Dipa Sanatani

PAGES: 180

6 PAGES PER DAY TO COMPLETE IN NOVEMBER

The Sun, the Moon, Mercury, Mars, Jupiter, Venus, Saturn, Rahu, and Ketu - Celestial Beings from world mythology - bicker and squabble, just like any family. But they're going to have to put their differences aside to help the Little Light - a wise soul, imbued with insight and curiosity - prepare for its birth on Planet Earth, where it has a great and far-reaching destiny...

“A part of the Sun will always shine inside the Little Light, come what may. Life can be full of pain, suffering and strife, but this spark will always remain untouched because it belongs to the source of all life on earth. Nothing and no one can take it away because it is a gift from the father to all his children. It can never be tarnished or spoilt. It exists and will continue to burn bright till the death of the physical body.”

# **DECEMBER**

## **Autobiography of a Yogi Paramahansa Yogananda**

**PAGES: 503**

**16 PAGES PER DAY TO COMPLETE IN DECEMBER**

This acclaimed autobiography presents a fascinating portrait of one of the great spiritual figures of our time. With engaging candor, eloquence, and wit, Paramahansa Yogananda narrates the inspiring chronicle of his life: the experiences of his remarkable childhood, encounters with many saints and sages during his youthful search throughout India for an illumined teacher, ten years of training in the hermitage of a revered yoga master, and the thirty years that he lived and taught in America. Also recorded here are his meetings with Mahatma Gandhi, Rabindranath Tagore, Luther Burbank, the Catholic stigmatist Therese Neumann, and other celebrated spiritual personalities of East and West.