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The Great Work of Your Life: A Guide for the Journey to Your True Calling

By Stephen Cope

Bantam. Paperback. Book Condition: New. Paperback. 304 pages. From the director of the Institute for Extraordinary Living at the famed Kripalu Center for Yoga and Health comes an incisive and inspiring meditation on living the life you were born to live. In this fast-paced age, the often overwhelming realities of daily life may leave you feeling uncertain about how to realize your life's true purpose what spiritual teachers call dharma. But yoga master Stephen Cope says that in order to have a fulfilling life you must, in fact, discover the deep purpose hidden at the very core of your self. In *The Great Work of Your Life*, Cope describes the process of unlocking the unique possibility harbored within every human soul. The secret, he asserts, can be found in the pages of a two-thousand-year-old spiritual classic called the Bhagavad Gita an ancient allegory about the path to dharma, told through a timeless dialogue between the fabled archer, Arjuna, and his divine mentor, Krishna. Cope takes readers on a step-by-step tour of this revered tale, and in order to make it relevant to contemporary readers, he highlights well-known Western lives that embody its central principles including such luminaries as Jane Goodall, whose life trajectory...



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