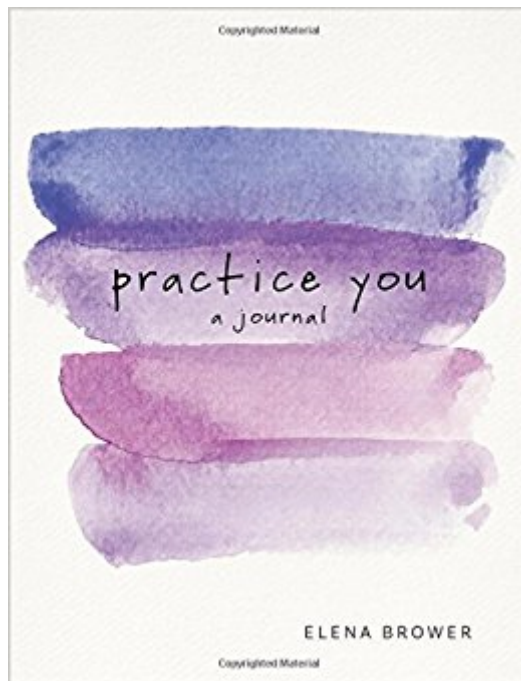


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# Practice You: A Journal



## Synopsis

When the way forward seems uncertain, where can we turn for guidance we can trust? For yoga luminary, meditation teacher, and artist Elena Brower, the answer has always been close at hand. "Whenever I've needed direction, strength, or centering, I've so often turned to my own journals. Why? Because many of the answers we seek are found within ourselves." Now, for those compelled to the pen and page, Elena invites us to gather our own wisdom through writing, self-inquiry, and reflection. *Practice You* is a portable sacred sanctuary to record our flashes of insight, find our ground, create and clarify our goals, and bear witness to our own evolution. With more than 150 beautiful pages of questions, teachings, inspiring imagery, and plenty of space to write, draw, and reflect, this journaling adventure guides us into nine compelling portals to our highest ways of living.

## Book Information

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## Customer Reviews

"Practice You is an exquisitely beautiful, step-by-step guide for deep self inquiry, filled with creativity, innovation, and fun." • Terri Cole, psychotherapist, relationship expert, and founder of The Real Love Revolution "We all need reminders to listen to our own truth and the wisdom accumulated by living, being and asking. Practice You is the most perfect gift of self-care I can think of. Thank you, Elena Brower, for this lovely and inspiring book." • Christy Turlington Burns, founder and CEO, Every Mother Counts "Practice You offers a contemplative, creative pathway to tap into your inner wisdom and intuition. This enriching, evocative journal is the perfect antidote for doubt and restlessness" • open it to any

page and quiet the world to connect with yourself. •Arianna Huffington, founder of The Huffington Post, founder and CEO of Thrive Global “A soulful, artistic guide into the art of being your Self, with sacred questions that flower from within to receive the treasure that is YOU! Thank you, Elena, for continually creating sacred spaces for evolution.

•Shiva Rea, yogini, author of Tending the Heart Fire: Living in Rhythm with the Pulse of Life “Elena Brower has channeled her deepest wisdom and artistic expression into this soulful journal. This book will guide your spiritual growth and inner transformation. Each page will help you uncover the most cherished parts of who you are. Enjoy the journey!

•Gabrielle Bernstein, #1 New York Times bestselling author of The Universe Has Your Back “Elena is a teacher for these times. With her beauty and wisdom, she reaches the hearts of so many who are longing for depth and clarity. Practice You illuminates through art to uplift the simplest inquiries into a life lived with reverence and joy. This book will usher in new waves of personal transformation.

•Carrie-Anne Moss, actress, founder of Annapurna Living “Elena Brower has created an artistic and inspirational guide to the deep introspection that is a necessary part of spiritual growth. This is the side of yoga that doesn’t show up in a class, but it does show up in who we are. Practice You will guide you, step-by-step, in this essential practice for transformation.

•Anodea Judith, PhD, author of Wheels of Life and coauthor of Creating on Purpose “This stunningly elegant book is an invitation to discover your inner quiet and stillness, allowing you to uncover who it is you truly are. Practice You is a guide to unearth your most authentic self.

•Dr. Shefali Tsabary, New York Times bestselling author and clinical psychologist “This beautifully crafted journal is a godsend for awakened living. Like a trusted friend or confidante, this book will help you remember who you are, what matters most in your life, where love and attention may be missing, and how to embody your own deepest potential. Elena is a master yogi who has walked this path for decades. She teaches with the maturity and grace of someone who passed through her own darkness in order to pass the light to others. Practice You can help change your life. I recommend it

highly. •Mark Matousek, author of When You’re Falling, Dive and coauthor of Writing to Awaken: A Journey of Truth, Transformation, and Self-Discovery “This book is a must! It offers true nourishment on every level. Elena Brower has created an engaging book that is simple to use, but brings us right to what is most essential. Whether you use it as a daily practice or just open to a page when you are seeking clarity and inspiration, Practice You is

beautiful gift and is exactly what we all need right now. •Mariam Gates, author of Good Night Yoga, Good Morning Yoga, and Meditate with Me “Practice You is a

chance to map our own experience of the beauty of life, and the depth of our understanding, practice, and patience. Simple, direct, and with plenty of space to wander in wisdom, Practice You is for everyone on the path of living. Bravo. Thank you, Elena.

—Hari Kaur Khalsa, coauthor of *A Woman's Book of Yoga* and author of *A Woman's Book of Meditation*; founder of The Tree House, NYC

“This book is a heartfelt offering from a creative, caring, and deeply spiritual seeker. It provides us with practical methods to dissolve obstacles in our way to becoming the illuminated, joyful beings we are destined to be.”

—Sharon Gannon, founder of the Jivamukti Yoga method

“The words that come to mind are lovely, soft, discerning, engaged, beautiful, elegant, deep—which are, of course, the words I would use to describe Elena Brower herself. Practice You will help countless people explore their inner worlds. What a treasure.”

—Dani Shapiro, bestselling author of *Devotion* and *Still Writing*

“Elena has created a most enchanting journey for the inner spirit and the eye. Our true nature can be found in the pages of this book. Practice You embraces the vulnerability of the most joyful moments and the broken pieces of life, and uses both to create a kaleidoscope of dreams—both sensed and realized within the reflection of one’s spirit.”

—Shaman Durek, author of *Uyanis*; activist, women’s empowerment leader

“Every page of this magnificent journal is a portal to your beauty, tenderness, and soulfulness. Dive into it with the same devotion Elena brings. Let it carry you to the mansion of yourself to inhabit yourself with presence and Love, to move more deeply to know the treasure of you.”

—Agapi Stassinopoulos, author of *Wake Up to the Joy of You*

“Elena Brower’s Practice You takes us by the hand, cajoling us deep into the recesses of our own emotional depths by first leading us through hers.”

—Abbie Galvin, owner, Katonah Bowery

“Thoughtful and generous, magical and practical, Practice You is a beautiful template for potentiating oneself.”

—Nevine Michaan, founder of Katonah Yoga

“Practice You holds the questions Elena asks herself. When I have been deep in my doubts and my fears, these are the questions and reflections she has posed to me. Elena has always created beauty wherever she is. She models being the best version of herself in every situation. This book, with her art and gentle inquiries, is a reflection of that beauty.”

—Nadia Narain, author of *Self-Care for the Real World*

“Elena Brower’s vulnerability and courage draw us in to open to self-discovery. She sets up a safe container of inquiry and invites us into that with such conviction we cannot help but trust it. So trust it. This book will become your life’s manual. It’s stunningly soft and fiercely unafraid.”

—Lisa Wimberger, author of *Neurosculpting*

“This book is an altar for your

heart; come and sit with yourself, pull on the golden threads of your inner wisdom, and bring to light something new within you inside these beautiful pages. •Katie Hess, author of Flowerevolution and founder of LOTUSWEI

Elena Brower Elena has been teaching yoga since 1998. After graduating from Cornell University with a design degree, she was a textile and apparel designer for six years. Having studied with several master yoga teachers for over a decade, Elena offers the practice of yoga globally as a way to approach our world with realistic reverence and gratitude. Her classes are a masterful, candid blend of artful alignment and attention cues for body, mind, and heart.

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