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By Michael Stone, Matthew Remski

Createspace Independent Publishing Platform, 2014. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****. How do a teacher of yoga and buddhism and an ayurvedic practitioner prepare for parenting? How do they understand themselves as men, and fathers? How can love, separation, grief, acceptance, and falling in love again be spiritual practices? This is a serious book about family as the first site of our evolution. It's intimate, existentially honest and strangely funny. Michael Stone and Matthew Remski share thirty years of yoga practice and teaching experience between them. They've each traveled far and wide to study and practice their contemplative arts—living in campervans in the dead of winter, dusty monasteries in South India, frigid temples in Japan and ashrams in rural America. As they both became expectant fathers, Michael and Matthew began an exchange of deeply personal letters that explore the interweaving themes of their lives amidst teachings from Zen, anecdotes from the yoga mat, observations from meditation and Ayurvedic recipes for postpartum broth. How does yoga inform their kitchen, laundry room and their love? How will they find help and take responsibility within a culture of manhood struggling to redefine itself?...

Reviews

This pdf is very gripping and fascinating. We have read and that i am certain that i am going to going to read once more again in the future. Once you begin to read the book, it is extremely difficult to leave it before concluding.

-- **Burnice Cronin**

Good electronic book and valuable one. It generally is not going to charge an excessive amount of. Its been developed in an remarkably straightforward way and is particularly simply following i finished reading this ebook through which really transformed me, change the way i think.

-- **Mr. Domenic Eichmann**