



Being of Power: The 9 Practices to Ignite an Empowered Life

By Baron Baptiste

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We live in a world where we're all about updating. We update our computers, phones, cars, careers—even our partners. Now it's time to update your personal philosophy and view. In essence, it's time to update *you*.

Being of Power is about transforming relationships. Not just with others, but with yourself, your experiences, your work, your purpose—how you relate to everything in your life. Here you will find the tools to enable you to break through the limiting views that have been keeping you stuck, frustrated, and unfulfilled; expand your viewpoint to see new possibilities; and come into your authentic self.

The nine practices in this book are the stepping-stones on the path back to your essential authenticity, which is where your greatest power lies. These are practices to put into action minute by minute, day by day. We don't master them all at once; instead, we work them in each present moment, again and again, until eventually we come to embody them as a natural way of being. This is how we transform.

The aim of this book is not to tell you “the truth,” but rather to help you rediscover your *own* truth. Your deepest power comes from what you already know inside. You have the intelligence. You have the answers. The nine practices of transformation will simply allow you to dissolve the blocks standing in your way and access the wisdom that's already within you. They will show you how to put your essentially powerful way of being into action so you can create new, expanded results in your life. At its core, this book is about connecting to your authentic self and rediscovering who you are and what's possible.

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Editorial Review

About the Author

Baron Baptiste's popularity as an international presenter and best-selling author is exemplified by his creation of a wildly popular yoga practice that is without boundaries—a methodology for personal revolution. For 20 years, Baron has been a dynamic and influential teacher, trainer, leader, and catalyst in the arena of spiritual, physical, and life transformation. His work powerfully creates bridges from the wisdom of the East to the spiritually hungry West. He revolutionized the training methods of NFL players as a peak-performance specialist on the Philadelphia Eagles coaching staff, and has also taught many Hollywood celebrities. He has appeared on thousands of radio and television programs, including the PBS special *Transform Your Life with Baron Baptiste*.

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