

# Drive Enlightened: The Yoga of the Road

Are you tired of feeling stressed and anxious behind the wheel? Do you find yourself getting road rage or feeling overwhelmed by traffic? If so, then Drive Enlightened is the book for you.



## Drive Enlightened: The Yoga of the Road

★★★★☆ 4.8 out of 5

Language	: English
File size	: 2844 KB
Text-to-Speech	: Enabled
Screen Reader	: Supported
Enhanced typesetting	: Enabled
Word Wise	: Enabled
Print length	: 82 pages



Drive Enlightened is a practical guide to help you find inner peace and fulfillment behind the wheel. It teaches you how to use the principles of yoga and meditation to transform your driving experience. By following the simple techniques in this book, you can learn to:

- Reduce stress and anxiety while driving
- Increase your focus and concentration
- Improve your driving skills
- Cultivate a sense of inner peace and well-being

Drive Enlightened is written by Dr. Michael J. Gelb, a world-renowned expert on yoga and meditation. Dr. Gelb has been teaching yoga and meditation for over 40 years, and he has helped thousands of people to find inner peace and fulfillment in their lives. In Drive Enlightened, Dr. Gelb shares his wisdom and experience to help you transform your driving experience.

Whether you are a new driver or an experienced driver, Drive Enlightened can help you to find inner peace and fulfillment behind the wheel. This book is a valuable resource for anyone who wants to live a more mindful and fulfilling life.

### **What Readers Are Saying**

"Drive Enlightened is a must-read for anyone who wants to find inner peace and fulfillment behind the wheel. Dr. Gelb's insights are profound, and his techniques are easy to follow. I highly recommend this book to anyone who wants to improve their driving experience."

- Mark Victor Hansen, co-author of Chicken Soup for the Soul

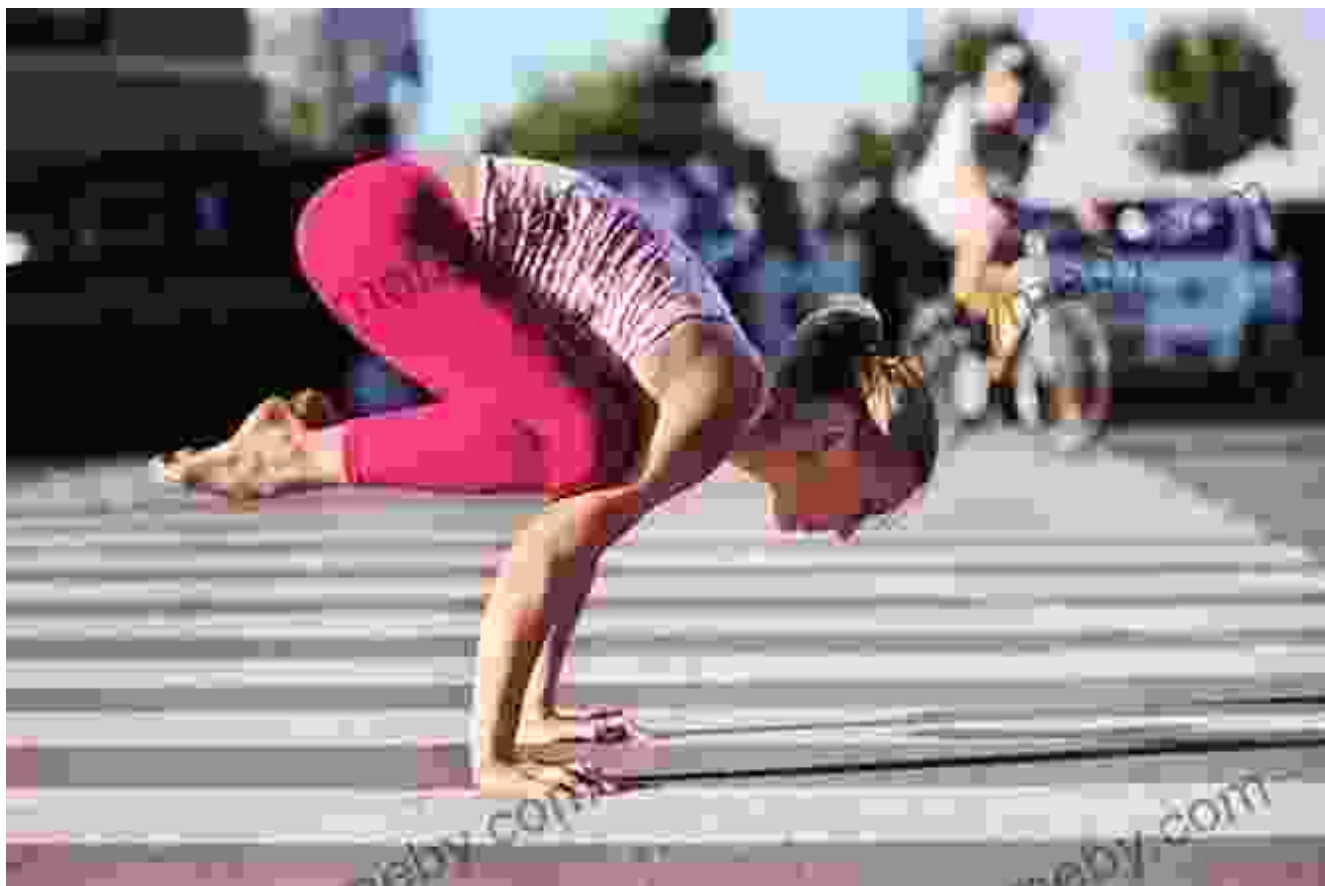
"Drive Enlightened is a brilliant book that offers a practical way to find inner peace and fulfillment behind the wheel. Dr. Gelb's insights are invaluable, and his techniques are easy to implement. I highly recommend this book to anyone who wants to live a more mindful and fulfilling life."

- Arianna Huffington, founder and CEO of Thrive Global

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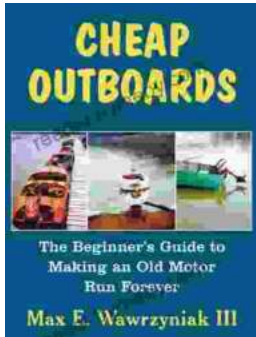
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