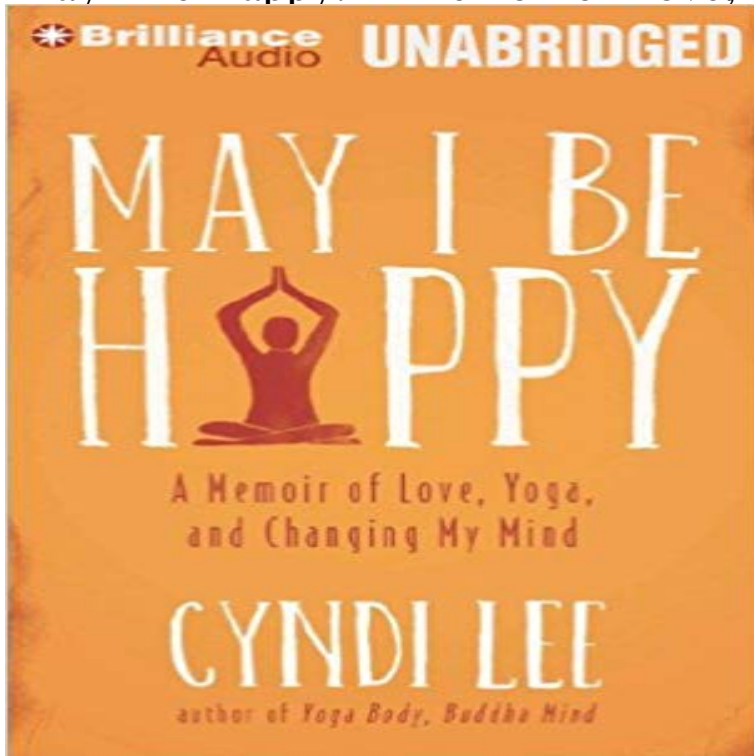


May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind



How can I help others grow and transform if I haven't done it myself??? Cyndi Lee asks in the opening pages of her memoir, *May I Be Happy*, where she makes a surprising revelation. In spite of her success in physically demanding professions—dancer, choreographer, and yoga teacher—Lee was caught in a lifelong cycle of repetitive self-judgment about her body, which was infecting her closest relationships—including her relationship with herself. Inspired by the honesty and vulnerability of her students, Lee embarked on a journey of self-discovery that led her outward—from the sacred sites of the parched Indian countryside to the center of the 2011 earthquake in Japan—and inward, to seek the counsel of knowing women, friends and strangers both. Author and actress Jamie Lee Curtis, visionary health pioneer Dr. Christiane Northrup, and a founder of the self-help movement, Louise Hay, each have wisdom to impart. Applying the ancient Buddhist practice of loving-kindness meditation? Normally you do it for others, a sage scholar advises, but you must do this for yourself right now? Lee comes to learn that compassion is the only antidote to hate. With candid, contemplative prose, *May I Be Happy* gives voice to Lee's belief that every life arises, abides, and ultimately dissolves. By becoming her own best student, Lee internalizes the strength, stability, and clarity she imparts in her Buddhist-inspired yoga classes.

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Cyndi Lee Yoga May I Be Happy: A Memoir of Love, Yoga, and May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind Going Om: Real Life Stories On and Off the Yoga Mat Audiobook by Melissa Carroll. **Cyndi Lee Yoga Cultivating Self-Love: A Book Review** You already have everything you need to be happy. article is excerpted from Cyndis book May I be Happy: A Memoir of Love, Yoga, and Changing My Mind. **May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind** For all her wisdom as a teacher, Cyndi Lee understood intuitively that she still had a lot to learn. Applying the ancient Buddhist practice of loving-kindness meditation to herself, Lee learned that compassion is the only antidote to hatred, thereby healing her heart and changing her mind. **May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind** A Memoir of Love, Yoga, and Changing My Mind Cyndi Lee. DUTTON Published by the Penguin Group Penguin Group (USA) Inc., 375 Hudson Street, New **Cyndi Lee Profile Yoga International** May I come in? The literal translation is, I am about to disturb you. ? Cyndi Lee, May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind 1 likes. **May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind - Google Books Result** Cyndi Lee is the founder of OM Yoga and author most recently of May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind. Website Google+ **May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind** Buy May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind by Cyndi Lee (ISBN: 9780142180426) from Amazons Book Store. Free UK delivery on **Cyndi Lee, Author at Mindful - Cyndi Lee** is the first female Western yoga teacher to fully integrate yoga asana acclaimed May I Be Happy: A Memoir of Love, Yoga and Changing My Mind. **May I Be Happy: A Memoir of Love, Yoga, and Changing My Mind** Love is magical, love is painful, love is sexy. Julys diverse group of romantic stories cover the array of experiences we all have when falling in and out of love **Cultivating Self-Love: A Book Review of Cindy Lees Memoir** Jan 24, 2013 For all her wisdom as a teacher, Cyndi Lee understood intuitively that she still had a lot to learn. 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