Advance Praise for The Kleshas

It takes a special talent to distill knowledge from an ancient wisdom tradition into a practical guide for a contemporary audience. In *The Kleshas*, Deborah Adele has condensed years of practice, learning and teaching into this down-to-earth, informative, and inspirational book. The personal experiences and the reflections she offers will encourage you to take the lessons off the page and into your everyday life.

~Beth Gibbs, author of *Enlighten Up! Finding Clarity, Contentment and Resilience in a Complicated World*, www.bethgibbs.com

In her new book Deborah Adele offers readers a broad and insightful overview of essential yoga teachings. Along the way she summarizes the classic yoga philosophy of the Indian sage Patanjali, serving up a delightful selection of first hand anecdotes, historical events, conversations, stories, and life as we know it. All this leads to a pathway mirroring ancient wisdom and offering hope to every reader.

~Rolf Sovik, PsyD, Senior Faculty Himalayan Institute, author of *Moving Inward, The Journey to Meditation*

Using a delicate reverse origami of words Deborah Adele does more than 'unpack' the *kleshas*; she reveals them at their most elemental level. In addition to helping us understand the foundation, application, and impact of the *kleshas,* this book also gives us ways to investigate them for ourselves with some suggested reflections and practices. Like *The Yamas & Niyamas*, I'll keep this book at my fingertips to be re-read and savored.

~Kyczy Hawk, E-RYT 500, yoga teacher, writer, and woman in recovery, www.yogarecovery.com

Deborah Adele has a genuine gift for re-presenting ancient teachings in a fresh, accessible way. This new book is an essential text for our modern times—offering an honest inquiry into how our entanglement in the *kleshas* is a root cause of our suffering, and how understanding them can lead us toward transformation. This gives great hope that we all have the power to change and experience the freedom that comes from bringing our scattered minds to stillness.

~Rev. Dr. Sam Boys, Certified Yoga Instructor, Director of Spiritual Life, Culver Academies

This book you have birthed is a remarkable, practical manual for learning to manage our mind and behaviors. Born from the heart of yoga, it offers the modern reader a practical approach for healing our own inner conflicts, and the divisiveness that is tearing at the deep fabric of society. Timeless wisdom presented in relatable, actionable steps that anyone can follow.

~ Sarah Hutchinson R.N., E-RYT 500, Ayurvedic Yoga Educator, www.yogabeyondtheposes.com

The book is so, so good. I love the flow—how you set things up, explain the applicable Sanskrit teaching, add relatable examples, and then break it down further while adding another layer of information. You are especially gifted at relaying lofty yogic wisdom in a way that makes it seem easy! I love that you offer so many powerful opportunities for growth.

~ Sally Burgess, Founder/Owner Studio Gaia Edwardsville, Environmental Activist Illinois Chapter Sierra Club

As a result of her deep inquiry into core human challenges, Deborah Adele makes these concepts come alive as they relate to us in our daily lives.

~Darcy Cunningham, Turning Light Center Founder, www.turninglight.org