

# THE KLESHAS

EXPLORING THE *ELUSIVENESS* OF HAPPINESS

by Deborah Adele

## Overview:

The kleshas are yoga's framework for understanding the discord between our desires and our lived experience. Even as we seek to feel good, the kleshas create a binding force that entangles us in doubt, confusion, worry, and disillusionment.

This book defines the kleshas, provides a practice that begins to liberate us, and places us on a path toward lasting happiness and fulfillment. This book lays open the insight and wisdom of the sage Patanjali, as described in the Yoga Sutras, in relatable, modern language.

This is yoga's answer to managing the roaming tendencies of our minds, helping us create a mind we can live with.

## Reviews:

In *The Kleshas*, Deborah Adele has condensed years of practice, learning and teaching into this down-to-earth, informative, and inspirational book.

-Beth Gibbs, author of *Enlighten Up! Finding Clarity, Contentment and Resilience in a Complicated World*

Deborah Adele does more than 'unpack' the *kleshas*; she reveals them at their most elemental level. Like *The Yamas & Niyamas*, I'll keep this book at my fingertips to be re-read and savored.

-Kyczy Hawk, ERYT500, [www.yogarecovery.com](http://www.yogarecovery.com)

This book you have birthed is a remarkable, practical manual for learning to manage our mind and behaviors, and for healing our own inner conflicts.

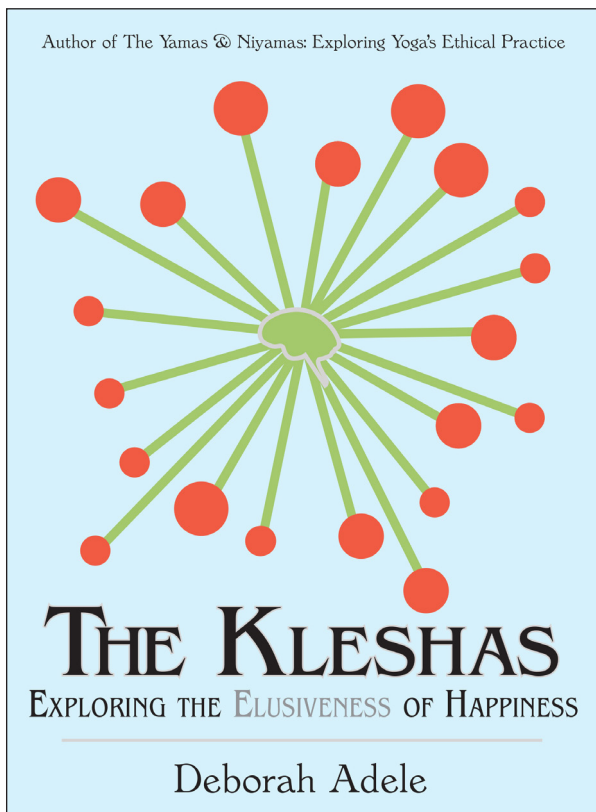
- Sarah Hutchinson R.N., ERYT500, Ayurvedic Yoga Educator

## About the Author:

Deborah Adele holds two master's degrees, several yoga certifications, and is also trained in Gestalt Theory and Somatic Education. From 1999-2012, Deborah built and co-ran Yoga North, a center that continues to flourish.

In 2009 she published *The Yamas & Niyamas: Exploring Yoga's Ethical Practice*, which has become an international best-seller and a modern classic. It is a go-to book for any serious yogi and for anyone seeking deeper understanding of self.

Deborah's writing and teaching leave participants with a dynamic combination of hope, inspiration, and practical knowledge.



## Book Stats:

The book is soft cover, 5½ x 7½, 208 pages, B&W text with illustrations, embossed 4-color cover, and retails for \$14.95.

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## Ordering Information:

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