

Yoga Frog: A Journey of Discovery and Transformation

Nora Shalaway Carpenter's new book, *Yoga Frog*, is a must-read for anyone interested in yoga, meditation, or simply living a more mindful life. The book follows the author's personal journey of transformation as she discovers the power of yoga to heal both body and mind.



Yoga Frog by Nora Shalaway Carpenter

★★★★☆ 4.8 out of 5

Language : English

File size : 22491 KB

Screen Reader : Supported

Print length : 40 pages



Carpenter begins her journey as a stressed-out and overworked lawyer. She is constantly feeling tired and run down, and her relationships are suffering. One day, she decides to try yoga as a way to improve her health. She quickly falls in love with the practice, and soon finds herself on a path of personal transformation.

Through yoga, Carpenter learns to let go of her stress and anxiety. She becomes more present in the moment, and she starts to see the world in a new light. She also learns to connect with her body and mind in a way that she never thought possible.

Yoga Frog is more than just a book about yoga. It is a story about the power of transformation. Carpenter's journey is an inspiration to anyone who is looking to make positive changes in their life. The book is filled with practical tips and advice that can help readers to find their own path to inner peace and well-being.

About the Author

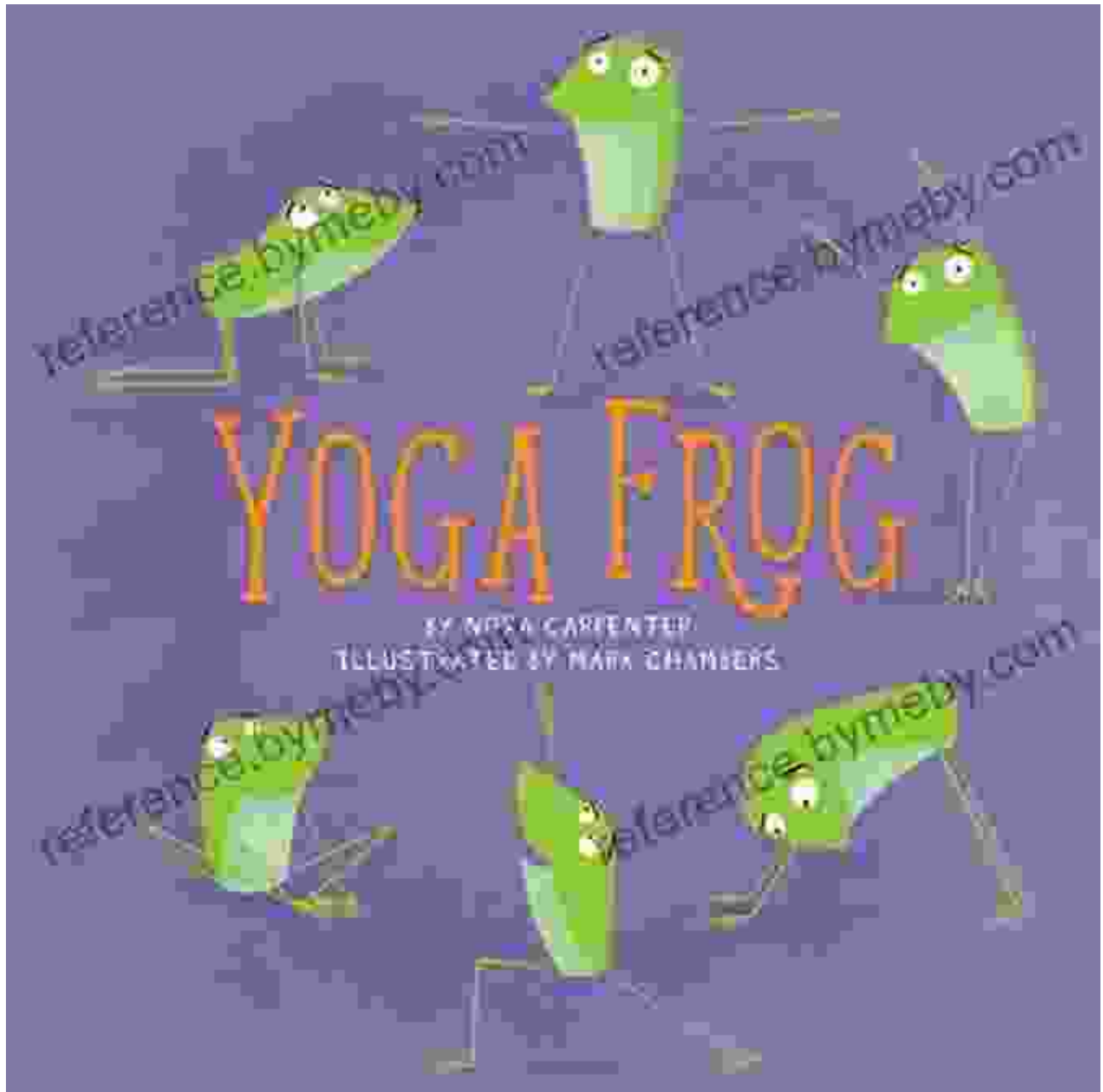
Nora Shalaway Carpenter is a yoga teacher, writer, and speaker. She is the author of two previous books, *The Yoga of Contentment* and *Radical Transformational Yoga*. She has been practicing yoga for over 20 years, and she has taught yoga to people of all ages and abilities.

Praise for Yoga Frog

"Yoga Frog is a beautifully written and inspiring book. Nora Shalaway Carpenter's journey of transformation is a reminder that we all have the potential to change our lives for the better." - *Gabrielle Bernstein, author of May Cause Miracles*

"Nora Shalaway Carpenter is a gifted writer and teacher. Yoga Frog is a must-read for anyone interested in yoga, meditation, or personal growth." - *Esther Hicks, author of Ask and It Is Given*

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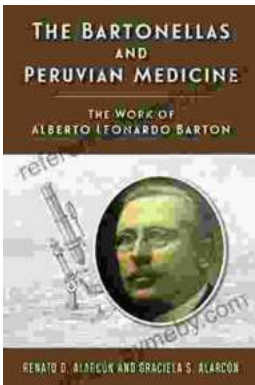
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