



B.A.G.H.D.A.D. Yoga: A Shift in Consciousness: Fear to Love, War to Peace

Michele M. Spencer

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B.A.G.H.D.A.D. Yoga: A Shift in Consciousness: Fear to Love, War to Peace Michele M. Spencer

In 2006 Army officer Michele M. Spencer shifted from stateside “weekend warrior” and yoga teacher to full-time soldier in Baghdad’s Green Zone. In her inspirational memoir she shares the spiritual principles and mind-body practices that guided her through the combat stressors of war abroad and have given her the courage to lead a life of service as an agent of change at home. The acronym B.A.G.H.D.A.D. describes not an actual place but an empowering transformative journey to heal: ~Believe, Blessings, Balance ~Agent of Change, Awesome, Attitude ~Gratitude, Grace . . . it’s ALL God! ~Heal your Heart, Harmony, Happy ~Dream, Dignity, Deepen Your Faith ~Awaken, Activism, Authenticity ~Death of the EGO: Destiny, Divinity! B.A.G.H.D.A.D. Yoga is interspersed with spiritual guidelines, mind-body techniques, anecdotes, and inspirational quotes as well as practical tips and strategies to cope with stress and be “powerful beyond measure” — whatever and wherever your war.

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