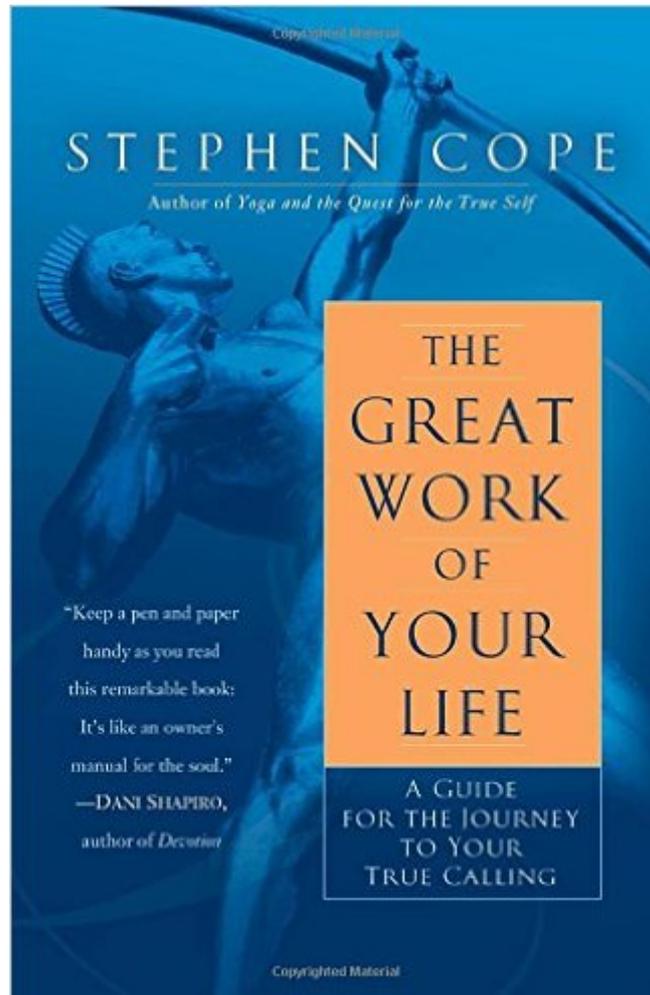


The book was found

# The Great Work Of Your Life: A Guide For The Journey To Your True Calling



## Synopsis

From the Senior Scholar-in-residence and Ambassador for the famed Kripalu Center for Yoga and Health comes an incisive and inspiring meditation on living the life you were born to live. In this fast-paced age, the often overwhelming realities of daily life may leave you feeling uncertain about how to realize your life's true purpose—what spiritual teachers call dharma. But yoga master Stephen Cope says that in order to have a fulfilling life you must, in fact, discover the deep purpose hidden at the very core of your self. In *The Great Work of Your Life*, Cope describes the process of unlocking the unique possibility harbored within every human soul. The secret, he asserts, can be found in the pages of a two-thousand-year-old spiritual classic called the *Bhagavad Gita*—an ancient allegory about the path to dharma, told through a timeless dialogue between the fabled archer, Arjuna, and his divine mentor, Krishna. Cope takes readers on a step-by-step tour of this revered tale, and in order to make it relevant to contemporary readers, he highlights well-known Western lives that embody its central principles—including such luminaries as Jane Goodall, whose life trajectory shows us the power of honoring The Gift; Walt Whitman, who listened for the call of the times; Susan B. Anthony, whose example demonstrates the power of focused energy; John Keats, who was able to let his desire give birth to aspiration; and Harriet Tubman, whose life was nothing if not a lesson in learning to walk by faith. This essential guide also includes everyday stories about following the path to dharma, which illustrate the astonishingly contemporary relevance and practicality of this classic yogic story. If you're feeling lost in your own life's journey, *The Great Work of Your Life* may provide you with answers to the questions you most urgently need addressed—and may help you to find and to embrace your true calling.

Praise for *The Great Work of Your Life*

- "Keep a pen and paper handy as you read this remarkable book: It's like an owner's manual for the soul." —Dani Shapiro, author of *Devotion*
- "A masterwork . . . You'll find inspiration in these pages. You'll gain a better appreciation of divine guidance and perhaps even understand how you might better hear it in your own life." —*Yoga Journal*
- "I am moved and inspired by this book, the clarity and beauty of the lives lived in it, and the timeless dharma it teaches." —Jack Kornfield, author of *A Path with Heart*
- "A rich source of contemplation and inspiration [that] encourages readers . . . to discover and fully pursue their inner self's calling." —*Publishers Weekly*
- "Fabulous . . . If you have ever wondered what your purpose is, this book is a great guide to help you on your path." —*YogaHara*

From the Hardcover edition.

## Book Information

Paperback: 304 pages

Publisher: Bantam; Reprint edition (December 15, 2015)

Language: English

ISBN-10: 0553386077

ISBN-13: 978-0553386073

Product Dimensions: 5.4 x 0.6 x 8.2 inches

Shipping Weight: 12.6 ounces (View shipping rates and policies)

Average Customer Review: 4.7 out of 5 stars [See all reviews](#) (186 customer reviews)

Best Sellers Rank: #13,915 in Books (See Top 100 in Books) #24 in [Books > Religion & Spirituality > Hinduism](#) #34 in [Books > Politics & Social Sciences > Philosophy > Consciousness & Thought](#) #46 in [Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga](#)

## Customer Reviews

It is sad that Stephen Cope's writing ability (which is excellent) so far exceeds his understanding of dharma and The Bhagavad Gita which seems to be none. I fear that his fine writing ability and lack of understanding will be the cause of needless suffering for many people. The original meaning of dharma is right or selfless action (taken without attachment to the outcome) while karma is selfish action (taken with attachment to the outcome). The Bhagavad Gita is, perhaps, the best source of how to bring joy and bliss into your life through the practice of dharma. Stephen Cope seems to be aware dharma is very difficult for Westerners (just as it is very difficult for Hindus) as being selfless is a most difficult practice. However, instead of being true to The Bhagavad Gita and describing the strategies for achieving dharma, selfless action, Mr. Cope, instead invents a new definition of dharma which is pursuing your passion (i.e. karma, the pursuit of self-serving transient pleasures), the exact opposite. He then pays lip service to serving the greater good, but true dharma starts with selfless actions at its core not as an apology for the pursuit of selfish transient pleasure. For example, Mr. Cope advises that a priest who is effective at helping his parishioners and who is sorely needed by his parishioners but is drawn to a pursuit of music, should abandon his parishioners and pursue his passion for music, a self serving transient pleasure. By the same logic a householder responsible for young children but with a desire to be a circus performer should abandon his family and kids to be a circus performer.

[Download to continue reading...](#)

Cold Calling: for beginners - Cold Calling Techniques that work - Cold Calling Tips (Cold Calling Techniques that work for beginners - Cold calling sales Book 1) The Great Work of Your Life: A

Guide for the Journey to Your True Calling Smart Calling: Eliminate the Fear, Failure, and Rejection from Cold Calling THE COLD CALLING SECRET: Discover the NEW ground-breaking cold calling techniques that get results! Readable on Kindle, PC, Mac or iPad AUTHENTIC COLD CALLING: The Path to Fearless, Effective Cold Calling The Lifestyle of a Prophet: A 21-Day Journey to Embracing Your Calling Live Your Calling: A Practical Guide to Finding and Fulfilling Your Mission in Life On Being a Pastor: Understanding Our Calling and Work Cold Calling Techniques that Really Work! Find What You Were Born For: Design Goals That Bring Purpose To Your Life - How To Shape Your Future, Craft Goals To Your Calling And Create Lasting Change (Book 2) A Higher Calling: An Incredible True Story of Combat and Chivalry in the War-Torn Skies of World War II Work Clean: The life-changing power of mise-en-place to organize your life, work, and mind Making Work Work: The Positivity Solution for Any Work Environment The Magick of Lilith: Calling upon the Great Goddess of the Left Hand Path: Mesopotamian Magick, Book 1 Life Is Not Work, Work Is Not Life: Simple Reminders for Finding Balance in a 24/7 World Journey Into Power: How to Sculpt your Ideal Body, Free your True Self, and Transform your life with Baptiste Power Vinyasa Yoga Organize Your Life, How To Be Organized, Productive & Happier In Life, Declutter Your Home and Be Productive at Work. (How to plan your life, Get Organized Book 1) A Woman's High Calling: 10 Ways to Live Out God's Plan for Your Life Great Work, Great Career: How to Create Your Ultimate Job and Make an Extraordinary Contribution Never Check E-Mail In the Morning: And Other Unexpected Strategies for Making Your Work Life Work

[Dmca](#)