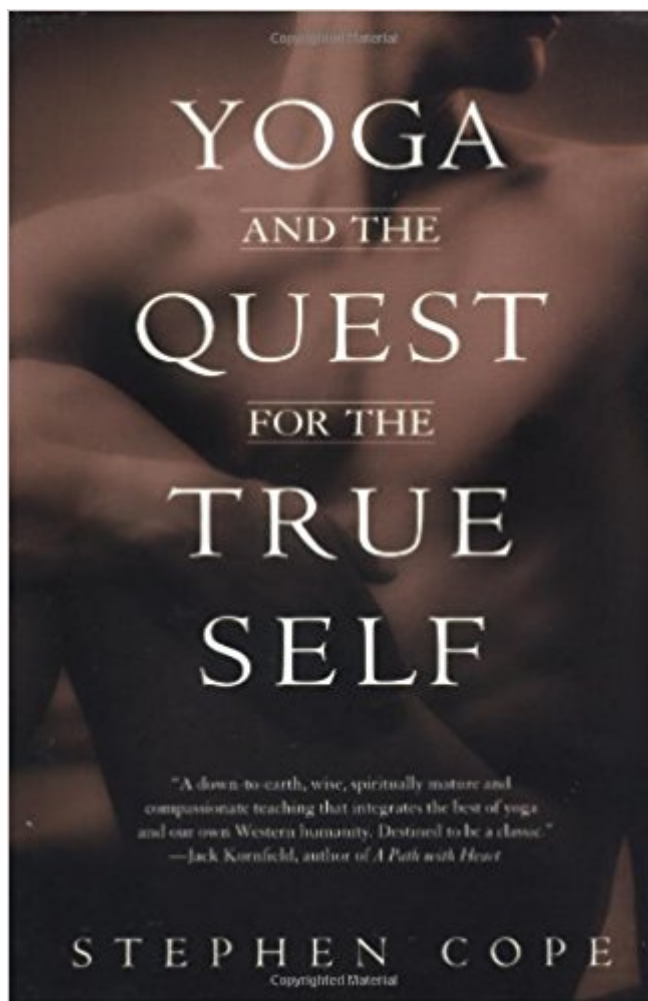


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# Yoga And The Quest For The True Self



## Synopsis

Millions of Americans know yoga as a superb form of exercise and as a potent source of calm in our stress-filled lives. Far fewer are aware of the full promise of yoga as a 4,000-year-old practical path of liberation—a path that fits the needs of modern Western seekers with startling precision. Now Stephen Cope, a Western-trained psychotherapist who has lived and taught for more than ten years at the largest yoga center in America, offers this marvelously lively and irreverent "pilgrim's progress" for today's world. He demystifies the philosophy, psychology, and practice of yoga, and shows how it applies to our most human dilemmas: from loss, disappointment, and addiction, to the eternal conflicts around sex and relationship. And he shows us that in yoga, "liberation" does not require us to leave our everyday lives for some transcendent spiritual plane—life itself is the path. Above all, Cope shows how yoga can heal the suffering of self-estrangement that pervades our society, leading us to a new sense of purpose and to a deeper, more satisfying life in the world.

## Book Information

Paperback: 384 pages

Publisher: Bantam; 1 edition (September 5, 2000)

Language: English

ISBN-10: 055337835X

ISBN-13: 978-0553378351

Product Dimensions: 6.1 x 1.1 x 9.2 inches

Shipping Weight: 15.2 ounces (View shipping rates and policies)

Average Customer Review: 4.4 out of 5 stars 72 customer reviews

Best Sellers Rank: #29,891 in Books (See Top 100 in Books) #51 in Books > Religion &

Spirituality > Hinduism #64 in Books > Politics & Social Sciences > Philosophy > Consciousness

& Thought #81 in Books > Health, Fitness & Dieting > Exercise & Fitness > Yoga

## Customer Reviews

Despite skeptical jibes from his well-meaning friends, Stephen Cope set off for a four-month yoga retreat in rural Massachusetts. Ten years later, he is still there. A psychotherapist left in the lurch after a long-term relationship, Cope was experiencing the same deep questioning of life that he had witnessed so often in his practice. His self-prescribed antidote was to pursue a life of contemplation and inner discovery that he had felt drawn to for some time. *Yoga and the Quest for the True Self* is Cope's chronicle of self-discovery. Cope is at turns frank in describing his own obstacles and epiphanies, brotherly in relating anecdotes of friends and patients on similar quests, and clinical in

his trenchant psychological summations of why we find ourselves estranged and how yoga and meditation bring us back to clear awareness. Like Mark Epstein's *Going to Pieces Without Falling Apart*, *Yoga and the Quest for the True Self* is a milestone in the melding of Eastern and Western methods of personal transformation. --Brian Bruya --This text refers to an out of print or unavailable edition of this title.

Yoga, according to first-time author and longtime yoga teacher Cope, can cure the sense of separation that dogs many people in our culture: "a separation from the life of the body; a separation from the hidden depths of life, its mystery and interiority." Here, Cope, a psychotherapist who left a practice in Boston to live, study and ultimately teach at the Kripalu Yoga ashram in Lenox, Mass., navigates yoga for Western seekers. Drawing on his own experiences and the stories of many friends and yoga students, Cope holds up ancient yogic concepts of the self against evolving theories of modern psychotherapy. Rather than attempting a reductive comparison, Cope suggests that various ideas experienced during yoga practice can enhance the goals of Western psychotherapy. Readers familiar with Jack Kornfield's *A Path with Heart* or Mark Epstein's *Thoughts Without a Thinker* may find Cope's approach noncommittal. He tells stories of liberation and release without ever quite conceding that yoga and psychotherapy are two profoundly different worldviews. Although ineluctably drawn to yoga practice and the ashram, Cope's point of view is resolutely Western and psychotherapeutic. Still, Cope's psychotherapeutic orientation and genial win-win approach lights up a notoriously arcane subject for Western readers. (Oct.) Copyright 1999 Reed Business Information, Inc. --This text refers to an out of print or unavailable edition of this title.

Despite the somewhat grandiose title, this book is clear, rational, cogent, and non-woo woo. No hokey religion; a much wider application of "Yoga" than the modern infatuation with the purely physical aspects of the work; a genuinely thoughtful, intelligent, enlightening, and thought-provoking work. Anyone interested in the basic human condition will find it worthwhile.

This is an extensive story of the author's experience and of Yoga, it's traditional, philosophy and psychology. For the most part, the depth of Yoga is unknown. This book is written in an engaging manner and makes the deep thinking of Yoga fairly accessible.

Some of us are born with an innate "need to know" and understand what is behind whatever we seek to pursue. Cope explains in a relaxed, conversational dialogue what Yoga actually is, where it

comes from, why we do it, how it benefits others, giving readers enough of an understanding that one may set their intent (why am I doing this and what do I want to achieve). The author postures himself as one of us sharing his own experience as well as other people's stories of how Yoga enhanced their lives. If you seek to understand what Yoga is and why we practice, this book is the answer.

Of course you can find solutions for life when you live in an ashram. Go out and deal with the real world and then tell me how to live.

I love this author's work! His teachings make the path of yoga so clear for us Westerners. I have his newest book on order!

I read this book awhile back and decided to purchase it for my own reference text. Stephen Cope is an amazing author, I love his style. I have read his other two books Yoga and the Quest... and The Great Work of Your Life. He has an uncanny ability to interweave stories of ordinary people with those of famous ones as well as his own story into one. He knows how to write and get his point across. I think everything he does is wonderful.

I have devoured every single book written by Stephen Cope. Not only does he have the wisdom of a sage, but he delivers it in such a refreshing, comical and relatable way. You do not have to practice yoga to receive massive benefit from this book. But once you do read it, I'm sure you will want to start a yoga practice. Yoga changes lives. It changed mine and Stephen captures so beautifully the essence of how yoga can change one's life, on every level, from the concrete to the subtle. I also know Stephen personally and he is one of the kindest, most generous, humble and down to earth human beings that I've ever had the pleasure of encountering on this planet. His work comes from a higher place and he is doing it beautifully. Please read this book and all of his others!

A superb book, a real "keeper," something I can look forward to reading for real, grounded, unpretentious, information that "holds my hand" on my own spiritual path based on my yoga practice.

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