



As Simple As Breathing: On Yoga, Writing, and Life

Leah Carey

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"Each of us has the opportunity to share our gifts with the world. This is a tricky proposition, though. It takes time to understand one's gifts and time to understand the world. It's no surprise that many of us wake up at mid-life and see things differently. After all the doing and being for others in our small circles of existence we realize that we have more and are more. Maybe we always sensed this, but the fog has finally cleared and we can see it. It's hard to look away." So begins Leah Carey in this collection of personal essays exploring how we overcome self-doubt, find our purpose, and share our talents. Each reflection uses a yoga pose as its foundation, and Carey weaves this metaphor through her frank and wholehearted discussion of conquering fear, gaining clarity, parenting, friendship, loss, love, and vulnerability. In *As Simple As Breathing*, Carey inspires us to examine the essential elements of our lives in order to become more fully ourselves.

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