



Thrive Inside: Transformative Secrets of Spiritual Masters, Gurus and Shamans

Bill Eager

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Thrive Inside weaves together teachings from many spiritual traditions. This tapestry opens doors for personal growth regardless of your spiritual path. Author Bill Eager shares personal experience and dialog with great teachers including Yogi Amrit Desai, Dr. Alberto Villoldo, A.G. Mohan, Master Stephen Co, Sakyong Jamgon Mipham Rinpoche, Amma Sri Karunamayi, Shivabalayogi, Ram Dass, Alan Finger, B.K.S. Iyengar and the Dalai Lama. This compelling storyline is filled with insight, inspiration and profound knowledge. Learn techniques to improve your life at every level - career, relationships and health. Listen as a Mayan Sun Keeper describes how to access the healing power of nature as he walks through the rainforest of Tikal. Experience an encounter with His Holiness the Dalai Lama that reveals the compassion and love at the core of all relationships. Learn how to access the innate healing intelligence of the energy systems in your own body from one of the great yoga masters of India.

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