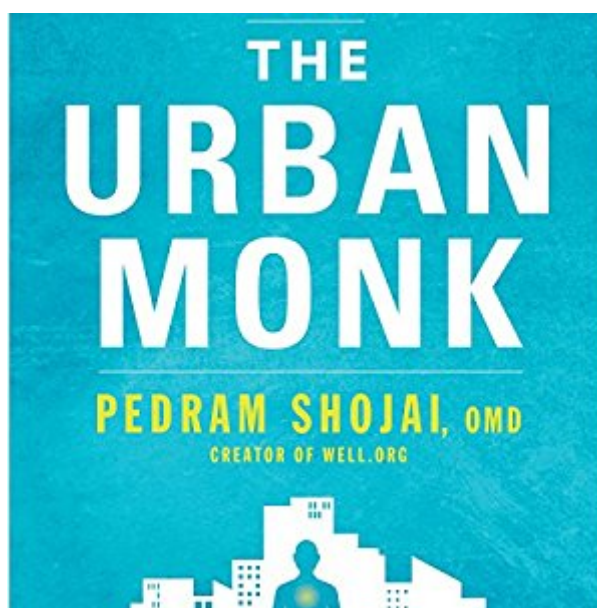


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# The Urban Monk: Eastern Wisdom And Modern Hacks To Stop Time And Find Success, Happiness, And Peace



## Synopsis

We all struggle to discover satisfaction and contentment in the modern world, and yet the more technology we use, the more things seem to get worse. What are we all missing? What will it take for us to find our centers? Pedram Shojai shares how the calmness of Zen masters is attainable in today's fast-paced world, and with practice you, too, can stop time, refuel, and focus on the things that really matter. The Urban Monk, a New York Times best seller, reveals the secrets to finding an open heart, sharp mind, and grounded sense of well-being, even in the most demanding circumstances. Shojai's no-nonsense life mastery program brings together clear tools and exercises that can elevate your existence. Learn to honor your body with nutrition and shake free from addictions to toxic substances and experiences. Let your body and mind unwind each day with evening meditations, loosening exercises, and resting rituals that will keep any stress or unfinished business out of the bedroom, helping you sleep better so that your body can rejuvenate. The Urban Monk is filled with priceless practices that you can use in your daily life, right here and now. It is designed to be your companion in this crazy world we live in. Take it with you on your journey to becoming an Urban Monk. There's no need to move or drastically change your current life. You can find peace within, and The Urban Monk will teach you how to calm the chaos in your head. The world needs you to step up and live your life to the fullest. Pedram Shojai is the Urban Monk who can show you how to drink from infinity, find peace and prosperity, and thrive in a modern world.

## Book Information

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## Customer Reviews

I was also sent a copy of The Urban Monk, which I read cover to cover. This is a wonderful book

that addresses issues that so many of us face, but rarely talk about. One of my favorite parts of the book is Chapter 8, which describes the phenomenon of "Being Lonely Despite Being Surrounded By People." As Pedram points out, many of us crave connection, but have grown so set in our ways that this becomes impossible. He spends the entire chapter showing you a series of formulas to break your habits and get the connection you are looking for. This Chapter is a must read for those of us who find ourselves on Facebook or other social media, and just feeling worse and worse about ourselves. The book is also very edgy. Pedram very directly confronts the BS of society that we all see-- the false images, ideals and expectations that torment so many. How do you "selectively reject" certain parts of the BS of society while ALSO maintaining a part of it? Pedram helps you navigate this with a very PRACTICAL guide to help you "transcend while also being present." Easier said than done, but the whole idea of The Urban Monk is designed to help you craft space for yourself to feel great, while also staying connected. The Urban Monk is brilliant and totally unique. It is also completely devoid of any "woo woo" weirdness that might turn you off. It is relentlessly practical, and relentlessly interesting. There is so much in here. If you are the kind of person who deep down is "very conventional" this book is not for you. If you are the kind of person open to new ideas, open to improving yourself- check this out for sure. Highly recommended!!

I don't usually write reviews but this book was life changing in more ways than one. Pretty much every chapter I would say to myself "Wow this chapter was written just for me" so many of us rush around all day, wear ourselves out and don't take the time to enjoy life.. This book has helped me in so many ways and really is such an easy, enjoyable read. I saw a few reviews that didn't give a great review only because of language and just my opinion but it didn't seem excessive or bother me at all. I read the E book but loved it so much I ordered a physical copy so I can highlight and have easier access to things I want to go back and review. Top 10 book on my all time list. Read it now and you'll prob be a new man or woman by this time next week:)

I think this is a much needed book in today's day and age. I would love to have it in "audible" also. It is a way to have more time to absorb it and I find that sometimes you hear things you did not see when reading. You will quickly find this book as one of your favorite resource book.

I love love love this book! I love Pedram Shojai's writing style. It's very down to earth and the practices are easy to put into place. I would highly recommend this read.

A great book with a no-BS approach to addressing the core components of your life and ensuring they are working with and for you, instead of against.

This guy really gives it to you. Most of the instructions laid out so anybody can get it. How to meditate, better eating, how to create a peaceful life and environment. He really gives you all the tools. I have been on the path for most of my life and was already doing a lot of this, but I am still getting many great tools and insights. I highly recommend this book to anybody dealing with stress and the many levels of hating life. Hopefully you can follow the advice of this Sage Monk and make your life a place you love to live. I am amazed to note, most people who really need this book don't read books. So if you are thinking of taking a chance with a book, this is the right one.

OMG - I got a GREAT deal buying this from , and if you only buy ONE BOOK this month/year - THIS is the one I would recommend! Fantastic AND you will get connected with his online sites for even more incredible information and free videos!! VERY happy with the condition of the book, the price, and everything!

This concept is how I have tried to live my life for the past 20 years, but I still found great little nuggets. My goal has been to live a simple life and yet not be a hermit, to find peace on a daily level. I bought the e-book first and was so pleased that I bought the hard bound book to loan to people as I run across those who might benefit. I have been all through the reboot and went ahead with the academy and have been very pleased. I recommend the book to anyone who is wondering how to enhance their life and their daily practice. I love that it is non-denominational and just practical day to day living for our over active times.

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