



The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace

By Pedram Shojai

Download now

Read Online →

The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai

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* bestseller, 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. Get it dirty, mark it up, and take it around 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.

[!\[\]\(cf531ed27e91483460120fcc057b3901_img.jpg\) Download The Urban Monk: Eastern Wisdom and Modern Hacks to](#)

[...pdf](#)

 [Read Online The Urban Monk: Eastern Wisdom and Modern Hacks](#)
[...pdf](#)

The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace

By Pedram Shojai

The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai

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* bestseller, 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. Get it dirty, mark it up, and take it around 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.

The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai Bibliography

- Sales Rank: #27794 in Books
- Brand: Rodale Pr
- Published on: 2016-02-02
- Released on: 2016-02-02
- Original language: English
- Number of items: 1
- Dimensions: 234.70" h x 25.27" w x 6.30" l, .0 pounds
- Binding: Hardcover
- 288 pages

 [Download The Urban Monk: Eastern Wisdom and Modern Hacks to ...pdf](#)

 [Read Online The Urban Monk: Eastern Wisdom and Modern Hacks ...pdf](#)

Download and Read Free Online *The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace* By Pedram Shojai

Editorial Review

Review

“Pedram offers a fresh and unique perspective on life in the modern world. He truly is an Urban Monk and his friendly style takes us all along for the ride. If you deal with stress, time constraints, and the challenges of a busy life, this book is a must-read.”

?Sara Gottfried, MD, author of *New York Times* bestsellers *The Hormone Cure* and *The Hormone Reset Diet*

“We know that the healthcare crisis in the West can't be fixed by pills. Lifestyle is the key. The Urban Monk elegantly lays out a balanced way of life that can not only bring us back to health, but help us relax and smile while we do it. I highly recommend this book to anyone trying to get healthy in our fast-paced world.”

?Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, author of the #1 *New York Times* bestseller *The Blood Sugar Solution*

“Knowing that meditation is good for us isn't enough. We need to practice it in our daily lives to actually benefit from it. The Urban Monk is a treasure, with many practical lifestyle hacks that can help you be happier and healthier.”

?Daniel G. Amen, MD, Founder, Amen Clinics and author of *Change Your Brain, Change Your Life*

“Combining modern Western medicine and ancient Eastern wisdom, Dr. Pedram Shojai's cutting-edge, easy-to-implement program helps you burn fat, boost energy, and optimize your life to become an urban monk even in the most stressed-out environment. Can't recommend this one enough!”

?JJ Virgin, *New York Times* bestselling author, *The Virgin Diet* and *The Virgin Diet Cookbook*

“Written with page-turning verve, this book integrates ancient Taoist wisdom and modern brain science to offer hundreds of practical ways to feel better and do better right now. Funny, direct, and honest, Pedram Shojai feels like a trusted friend and teacher offering a full package of skillful means.”

?Rick Hanson, Ph.D., author of *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence*

“Pedram Shojai will heal your soul and kick your ass all the way to enlightenment.”

?Dave Asprey, author of the *New York Times* bestseller *The Bulletproof Diet*

About the Author

Pedram Shojai, OMD, is the founder of Well.org, editor of *BeMore!* magazine, producer of the movies *Vitality* and *Origins*, and the cohost of *The Health Bridge* podcast. He is also an acclaimed Qigong master, master herbalist, and Doctor of Oriental Medicine. Shojai conducts seminars and retreats around the world and is the founder of the Taoist Path School of Alchemy. He is also an ordained priest of the Yellow Dragon Monastery in China. Shojai lives in Irvine, CA.

Users Review

From reader reviews:

Ernest Villa:

The book *The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace* can give more knowledge and information about everything you want. Why must we leave the great thing like a book *The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace*? Wide variety you have a different opinion about e-book. But one aim this book can give many data for us. It is absolutely appropriate. Right now, try to closer using your book. Knowledge or facts that you take for that, you could give for each other; you may share all of these. Book *The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace* has simple shape but you know: it has great and big function for you. You can appearance the enormous world by start and read a book. So it is very wonderful.

Faye Michaels:

The publication untitled *The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace* is the publication that recommended to you to read. You can see the quality of the publication content that will be shown to you. The language that author use to explained their way of doing something is easily to understand. The article writer was did a lot of analysis when write the book, to ensure the information that they share for your requirements is absolutely accurate. You also could get the e-book of *The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace* from the publisher to make you a lot more enjoy free time.

Virginia Hause:

The book untitled *The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace* contain a lot of information on this. The writer explains your ex idea with easy method. The language is very clear and understandable all the people, so do not really worry, you can easy to read the idea. The book was published by famous author. The author will bring you in the new era of literary works. It is possible to read this book because you can keep reading your smart phone, or program, so you can read the book within anywhere and anytime. In a situation you wish to purchase the e-book, you can wide open their official web-site along with order it. Have a nice read.

Marian Dyer:

Beside this *The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace* in your phone, it may give you a way to get more close to the new knowledge or information. The information and the knowledge you might got here is fresh from oven so don't possibly be worry if you feel like an previous people live in narrow commune. It is good thing to have *The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace* because this book offers to you readable information. Do you occasionally have book but you rarely get what it's facts concerning. Oh come on, that will not end up to happen if you have this in your hand. The Enjoyable blend here cannot be questionable, like treasuring beautiful island. Use you still want to miss the idea? Find this book in addition to read it from at this point!

Download and Read Online The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai #FHZQ7TP120R

Read The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai for online ebook

The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai Free PDF d0wnl0ad, audio books, books to read, good books to read, cheap books, good books, online books, books online, book reviews epub, read books online, books to read online, online library, greatbooks to read, PDF best books to read, top books to read The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai books to read online.

Online The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai ebook PDF download

The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai Doc

The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai Mobipocket

The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai EPub