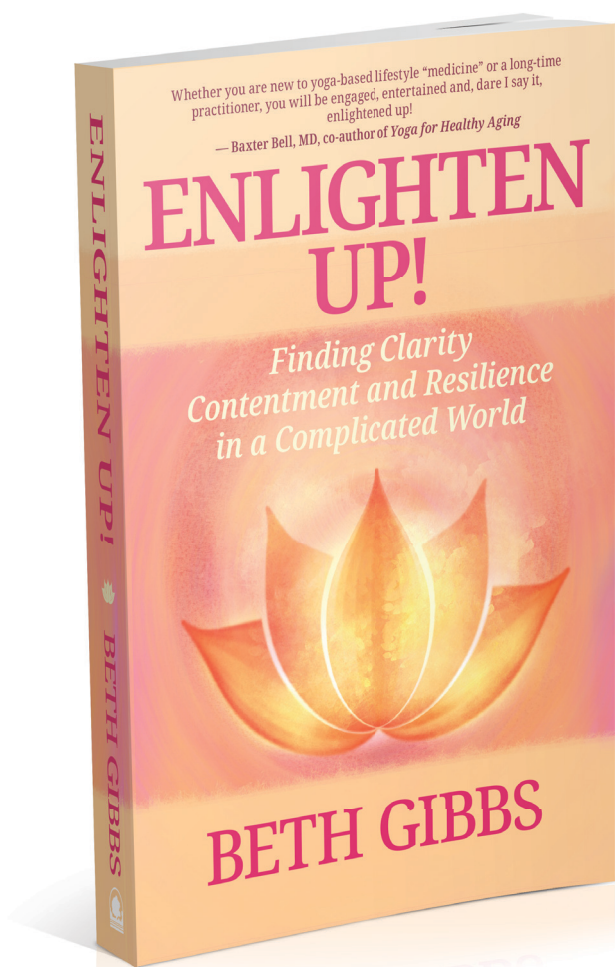


Find More Clarity, Contentment and Resilience in This Complicated World We All Live In.

In *Enlighten Up!*, author Beth Gibbs shares stories, scientific research, humor and yoga practices to illustrate the five layers you use every day to process the world.



Do you ever wonder why you feel the way you do? Or what makes you react to things in a certain way?

As complicated as the world is, you can find clarity, contentment and resilience when you cultivate your five layers of self-awareness.

- Your physical body and environment.
- Your breath and energy, which makes up your life force.
- Your thoughts, beliefs and emotions.
- Your intuition, which acts with compassionate, nonjudgmental wisdom.
- Your connection to something larger than yourself.



Ms. Gibbs seeks to help the reader understand oneself as opposed to fixing oneself. She has clearly spelled out the layers of awareness and shares her journey to enlightenment through her many stories. This book is enriched with yoga exercises that a beginner like myself was able to appreciate.

— Marilyn Martin, MD, The Resource Group

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About the Author

Beth Gibbs has over twenty years of experience teaching and mentoring hundreds of yoga students, teachers and therapists from all over the world to implement the five-layer model of self-awareness in their professional work and personal practice.

She holds a master's degree in yoga therapy and mind/body health from Lesley University and is certified as a yoga therapist through the International Association of Yoga Therapists. Beth is a member of the faculty at the Kripalu School of Integrative Yoga Therapy and is guest faculty at The Graduate Institute.

