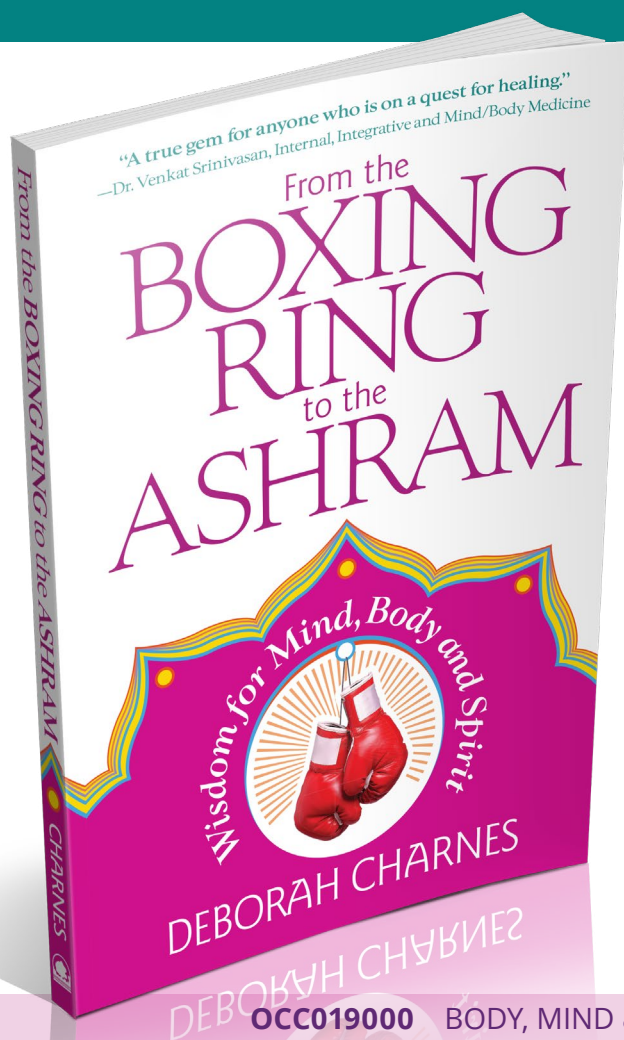


Step into the ring with life's challenges and come out a champion.



Drawing on an impressive network of mentors and gurus from around the world, Deborah Charnes has distilled the life lessons they taught her into a collection you won't want to miss. This practical and adaptable guide will help anyone navigate the toughest battles in life.

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“Deborah Charnes has brought ancient timeless wisdom into the most practical and clinical application. This is a wonderful discipline to integrate the healing of the body, mind and spirit through mindfulness, yoga and the magic of laughter. I think this book will help every reader change his or her life.”

—Dr. Vasant Lad, BAMS, MASc., founder of The Ayurvedic Institute

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About the Author

In 2011, Deborah Charnes left the high-pressure demands as an international corporate marketing communications strategist. Moving forward, she dedicated that same energy to positive transformation—of herself and others. She vowed to never stop learning or sharing.

Deborah has published over five hundred mind/body and lifestyle articles, and in 2021, she joined AARP's *The Ethel* as a contributing writer.



Everyone who wants to upgrade their mind, body and spirit—and to integrate all three into a cohesive, evolving whole—will find value in these pages.

—Philip Goldberg,
author of *American Veda*,
The Life of Yogananda, and
Spiritual Practice for Crazy Times

Wisdom abounds, and the teacher (the guru) shows up in many ways and forms. I love all the different voices in this book, and how each one speaks the same truths to us in their own unique way. A joy to dip into and out of for inspiration!

—Mehtab Benton,
originator of Gong Yoga
and Gong Therapy

Deborah's gentle, graceful approach allows for much comfort and joy on our journey to high-quality health.

—Kate Eckman,
award-winning author of
The Full Spirit Workout

With an upbeat, pithy style and entertaining turns of phrases, Deborah Charne unearths sagacious advice nestled in true-life encounters with people who have penetrated the ordinary and transcended challenges to bring peace and wisdom into their lives.

—Pranada Comtois,
award-winning author of
Wise Love, Bhakti Shakti
and *Prema Kirtan*

The keys to the health of mind, body and spirit are graciously revealed within the pages of this valuable gift.

—Dr. Joseph Weiss,
Clinical Professor of
Medicine, UCSD

Reader's Favorite 5-Star Review

Reviewed by Pikasho Deka



Deborah Charne encapsulates the experiences and wisdom of twelve extraordinary men and women from various backgrounds, ethnicities and religions to deliver an all-in-one handbook incorporating life lessons for the mind, body and spirit.

From the Boxing Ring to the Ashram takes you on a journey wide and far, introducing you to the practices and traditions of Eastern civilizations from thousands of years ago. I found the book educational as well as inspiring. **Highly recommended.**

From my personal connection to several of the featured gurus, I can attest that Deborah Charne has a remarkable and respectable group of wise masters. Their life lessons are critical building blocks to address so much of what's plaguing us in modern society.

—Sridhar Silberfein,
creator and executive producer of
Bhakti Fest, Shakti Fest and
Luna Sol Retreats

Enjoy this gem of a book. Ingest it in small bites so you can savor and experience the tiny lessons for transformation.

—Liz Lipski, PhD, CNS,
author of *Digestive Wellness*

Marketing plan

- In-person and virtual author appearances
- Print, radio and podcast campaigns
- Speaking engagements
- Outreach to industry organizations and contacts
- Promotion on NetGalley and Goodreads
- Select advertising
- Social media promotions
- Program offerings
- Book giveaways
- Blog tour hosted by Love Books

I highly recommend [*From the Boxing Ring to the Ashram*] for yoga students, yoga teachers, yoga therapists, health-care providers and scholars who are interested in the therapeutic and spiritual benefits of yoga and yoga therapy. You'll find yourself coming back to the text time and again for deeper study and practice.

—Dr. Dilip Sarkar, FACS, DLitt
(Yoga),
former Associate Professor of
Surgery and past president of
the International Association of
Yoga Therapists

From the Boxing Ring to the Ashram is one of those rare books soaked in truth and love that stays connected to science and has practical tips that can be adopted instantaneously. It is a true gem for anyone who is on a quest for healing.

—Dr. Venkat Srinivasan,
Internal, Integrative and
Mind/Body Medicine

The wisdom in *From the Boxing Ring to the Ashram* nourishes the mental, physical and spiritual crevices of our human experience. Thank you for this heartwarming piece of work!

—Dr. Ameet Aggarwal,
bestselling author of
Heal Your Body, Cure Your Mind

From the Boxing Ring to the Ashram offers a wealth of no-cost proven tools to combat daily stressors. Best of all, they can be as enjoyable as singing, dancing and laughing out loud.

—Dr. Madan Kataria,
founder of the
Laughter Yoga Movement