

# INTRODUCTION

I SAT IN NANCY'S KITCHEN LOOKING at the “before” pictures of her newly renovated house. When I asked Nancy, a private yoga client, what made her think that she could buy and renovate a dilapidated house on a yearly salary of only \$15,000, her reply was: “One paycheck at a time, and I can do most of the work myself.”

Nancy was the first person to really show me, in a concrete way, the successful outcome of setting one big goal, breaking that goal down into weekly goals based on what her paycheck could afford, and then breaking those weekly goals down into daily goals. Those tasks that she could do each day would ultimately lead to the main goal, her vision of a fully renovated home.

This concept helped me with my yoga instruction, because once every few days, a student would ask me something like: “What can I do to improve my yoga practice?” or “How can I decrease my anxiety?” or “I noticed you talked about how this posture works on the lungs; how can I strengthen my lungs using yoga?”

I found myself giving yoga homework that fit with Nancy's one-at-a-time approach and the traditional Chinese medicine concept.

But the overarching challenge for me was to apply Nancy's structure to renovating my own dilapidated life.

Nancy's vision and commitment inspired me to write this book. This story is my offering to you. It's an illustration of how food and yoga, two very fundamental tools, became the guideposts for a journey that I call *The Healing*.