

**Break the cycle of fatigue, sleep better, feel healthier, and engage
in life fully and joyfully with yoga nidra**

**45 minutes of yoga nidra can feel like the equivalent of
3 hours of sleep in your body**

DARING TO REST

Reclaim Your Power with Yoga Nidra Rest Meditation

~a 40-day program for women~

by **Karen Brody**

On Sale November 1, 2017 – Sounds True Paperback Original

“**DARING TO REST is simply brilliant.** I thought I knew a thing or two about health, rest, and yoga. But in this wonderful book, **Karen Brody breathes new life into the need for rest — and it’s not just “get more sleep.”** After reading DARING TO REST, I cannot WAIT to lie down, listen to a yoga nidra meditation, and start listening to my soul. **Women everywhere need to take rest seriously if they are to enjoy vibrant health. This book is the most practical place to start.**”

—Christiane Northrup, *New York Times* bestselling author

“Karen Brody has put together **a program that makes yoga nidra meditation relevant and accessible to 21st century women**, who may need the practice more than any previous generation. If you feel overwhelmed by living, the techniques in DARING TO REST are a **good place to start your journey back to well-being.**”

—Sharon Salzberg, *New York Times* bestselling author

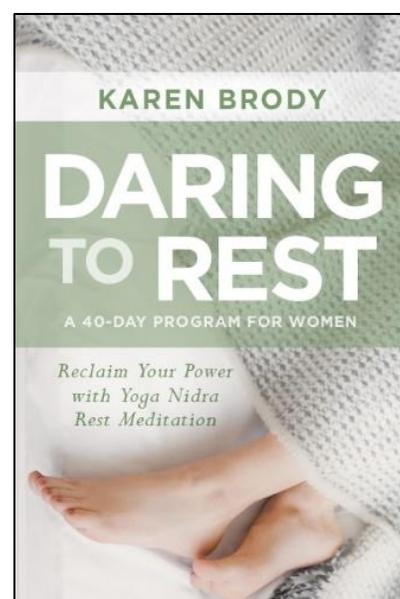
35 million American women experience sleep or wakefulness disorders, over double compared to men.

There seems to be a huge number of us who don’t feel they have time to rest and when we do make the time we don’t know how to rest. Ask a friend about her self-care practices, and you’ll often hear responses like: taking a bike ride, reading a book, going to the movies, meeting a friend for dinner, playing a game, and so on. There’s nothing wrong with these activities, but they shouldn’t be considered rest. *Rest is not active*, explains DARING TO REST author Karen Brody. *To rest is to surrender from the active, the goals, and the will to achieve something.*

In **DARING TO REST: Reclaim Your Power with Yoga Nidra Rest Meditation (on sale November 1; Sounds True Paperback Original)**, Brody teaches us how to end the cycle of chronic burnout through the practice of yoga nidra, a guided sleep-based meditation technique that teaches you the art of non-doing. She shows us how to bring this essential technique into our lives to lift the three most common layers of fatigue: physical exhaustion, emotional exhaustion, and life purpose exhaustion.

Throughout this comprehensive 40-day transformational sleep program, you will:

- Discover your deepest intention



—OVER—

DARING TO REST

Reclaim Your Power With Yoga Nidra Rest Meditation

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- Cultivate a relationship with relaxation and start getting the best sleep of your life
- Bring vitality back to your body through conscious breathing
- Learn to make friends with the darkness you hold in order to move forward into the light
- Start dreaming big in your life, from a well-rested place

The practice of yoga nidra feels like a superpower nap that helps you easily go from worn out to well-rested. Can you imagine a society of well-rested women who are kind to their bodies, who give themselves permission to rest, and who open up space to bring that confident energy into the world? With a renewed sense of vitality and inner peace, you will sleep better and feel clarity of mind, empowering you to accomplish your daily responsibilities and go beyond to pursue your passions.

Brody has seen yoga nidra change her life and the lives of women she introduces it to, and now it's your chance. We dare you to slow down. We dare you to rest.

ABOUT THE AUTHOR:



Karen Brody is a speaker and the founder of *Bold Tranquility*, a company offering yoga nidra meditation for the modern women via downloadable products and workshops. Her work has been featured in *Better Homes & Gardens*, and she's a regular contributor to *The Huffington Post*. She's also a critically acclaimed playwright.

Karen had a long personal history of severe panic attacks until she found yoga nidra meditation over a decade ago. At that time, she was a sleep-deprived mother of two small children on anti-anxiety medication. She signed up for a yoga nidra meditation class simply looking to lie down for a nap. What she got was "the best nap of her life." As she continued to practice yoga nidra regularly, her deep fatigue lifted; she wrote a critically acclaimed play, got off anti-anxiety pills, and started to teach this yoga nidra "power nap" to every exhausted mother she knew.

Advance Praise for DARING TO REST:

"This book makes the case for the importance of deep rest. As a mindfulness teacher, I know how meditation creates such rest through synchronizing mind and body. Yoga nidra provides the same pathway to this calm, well-rested place where power and purpose are rediscovered. Karen's new book brings together rest, meditation, and women's empowerment to create lasting benefits when it comes to sleep, mood, and overall happiness.

—**Susan Piver, New York Times bestselling author of eight books, including *Start Here Now: An Open-Hearted Guide to the Path and Practice of Meditation***

"In DARING TO REST, Karen Brody skillfully shows us how to discover deep, restorative rest, and maintain core relaxation amidst the challenges we all face in our daily lives. Karen's true gift is her ability to showcase ancient meditative principles in simple, secular practices that restore and support health and well-being at all levels of our body and mind. Karen expertly guides us — in easy-to-follow steps — in how to interweave these elegant, simple, yet profound practices into our daily life that enable us to truly embrace the lives we are all meant to be living."

—**Richard Miller, PhD, author of *iRest Meditation, The iRest Program for Healing PTSD, and Yoga Nidra: A Meditative Practice for Deep Relaxation and Healing***

What a masterpiece! With skill and compassion, Karen masterfully guides her reader through a step-by-step journey into herself where she can shed the worn-out woman and emerge well-rested, fully energized, and empowered. Accessible, relatable, and full of inspirational success stories, this book artfully introduces the ancient practice of Yoga Nidra rest meditation to our rest-deprived society.

—**Kamini Desai PhD, author of *Yoga Nidra: The Art of Transformational Sleep***

"As someone who has found yoga nidra to be utterly life changing, I am over-the-moon delighted that Karen wrote a guide for every woman to get the rest she needs using this ancient tool. You'll love the science and the excellent case she makes for why you need rest but the way she gives you to actually get that rest? It's going to create such magic in your life. Please read this and DO the practices. Then prepare to become a raving fan!"

—**Jennifer Loudon, author of *The Woman's Comfort Book and The Life Organizer***

Karen Brody's DARING TO REST offers us essential teachings about the true nature and profound benefits of genuine rest. She reminds us that rest is not just a break from but the very root of passionate and joyous productivity. Based on an integration of science and spirituality, Karen gently guides us through an effective and practical life-changing program. In summary, DARING TO REST is a beautiful book of contagious inspiration.

—**Rubin Naiman, PhD Sleep Specialist and Clinical Assistant Professor of Medicine University of Arizona Center for Integrative Medicine**

"In this over-committed, gadget-obsessed world, most of us have forgotten what true rest feels like. DARING TO REST is a much-needed clarion call that reminds us how to find freedom in a restful body, mind, and spirit. Karen Brody's authentic voice and her elegant 40-day program will bring you home, at last, to Rest, Release, and Rise."

—**Jeffrey Davis, Author, Speaker, Creativity Consultant**