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## The Internet to the Inner-Net: Five Ways to Reset Your Conscious Life

By Gopi Kallayil

Penguin India, New Delhi. Paper back. Book Condition: New. 22 cms. 232pp. The author shares his experiments in conscious living and offers insight, inspiration, and rituals?including yoga, mindful eating, and even napping?to help us access our own inner worlds. The Internet has become humanity?s invisible central nervous system, connecting us at the speed of thought. More people today have access to mobile phones than have access to clean drinking water. Yet the most important technology is still the one within us: our brain, body, and consciousness. A fast-paced career in the high-tech industry combined with a deep yoga and meditation practice has allowed Gopi Kallayil?Google?s Chief Evangelist for Brand Marketing and one of the leading voices encouraging yoga and mindfulness in the workplace today?to integrate his inner and outer technologies to a remarkable degree. Wisdom from his yoga mat and meditation cushion guides his professional career, and his work life provides the perfect classroom to deepen his wisdom practice. The Internet to the Inner-Net guides the rest of us to do the same. In some three dozen wide-ranging, sometimes provocative essays, Gopi shares his experiments in conscious living and offers insight, inspiration, and rituals?including yoga, mindful eating, and even napping?to help us access our own inner...



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