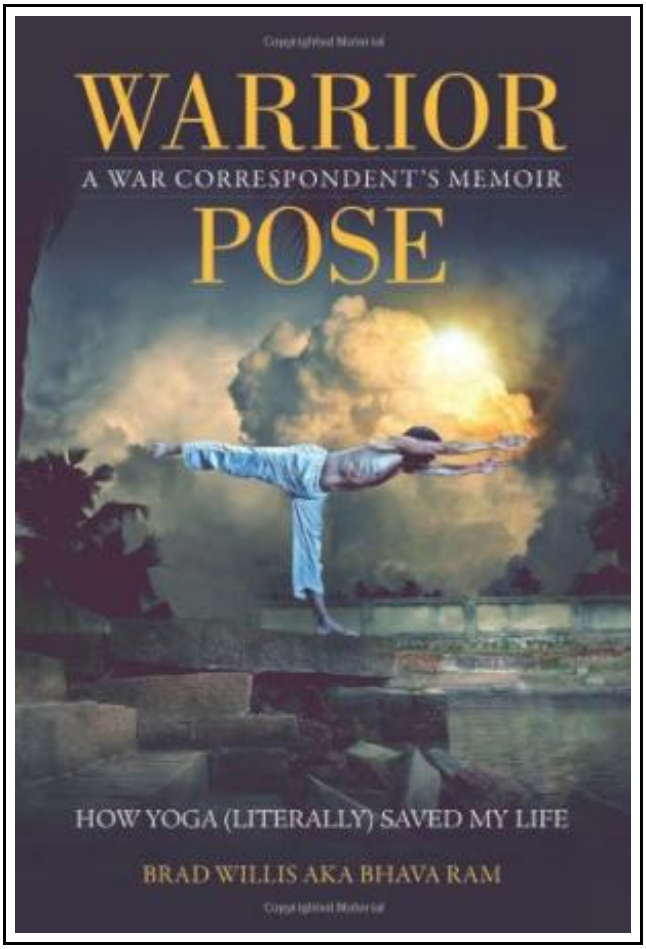
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WARRIOR POSE: HOW YOGA (LITERALLY) SAVED MY LIFE

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BenBella Books. Paperback. Book Condition: new. BRAND NEW, Warrior Pose: How Yoga (Literally) Saved My Life, Brad Willis, Bhava Ram, From covering the front lines of the Gulf War to investigating Colombian drug lords to living with freedom fighters in the mountains of Afghanistan, war correspondent Brad Willis was accustomed to risk. But when mortal danger came, it was from an unexpected direction. At the pinnacle of his career, a broken back and failed surgery left Willis permanently disabled and condemned to life in a body brace. Then came a diagnosis of terminal, stage IV throat cancer. At his 50th birthday party, friends gathered around Willis, who was crippled, almost mute, depressed, strung out on narcotic medications, and dying. Halfway through the celebration Willis realized the party's true purpose--his friends were there to say goodbye. Everyone knew Willis was on his way out.everyone except his 2-year-old son, who urged, "Get up, Daddy!" His son's words ringing in his ears, Willis chose to abandon Western medicine and embrace the most esoteric practices of Yoga to heal his body, mind, and soul--ridding himself of cancer and fully restoring his back. As a symbol of his journey, he took the spiritual name Bhava Ram, which stands for "Living from the Heart." Warrior Pose is an adventure chronicling some of the most momentous events of our time through a journalist's eyes, an unforgettable story about the power of love between father and son, and a transformational journey of self-healing, inner peace, and wholeness.

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