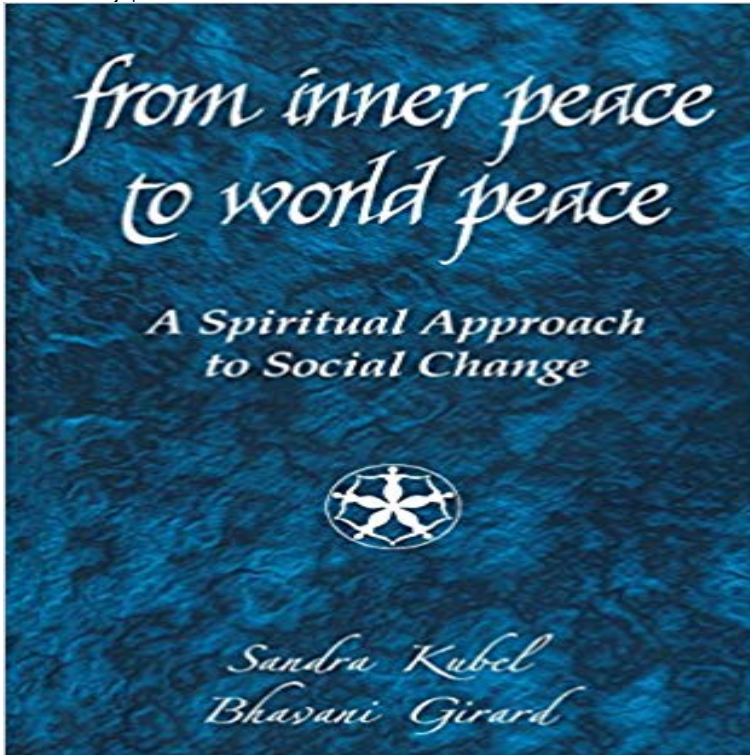


From Inner Peace to World Peace: A Spiritual Approach to Social Change



The title of this book, *From Inner Peace to World Peace*, presents the overall theme and intention of the authors. The subtitle, *A Spiritual Approach to Social Change*, describes the way in which one can achieve this remarkable goal. This book describes the inspiring stories of two women who have dedicated their lives to spiritual growth as disciples of a yoga Master. The teachings of yoga are described simply for those who do not have previous experience with the yoga tradition. What makes this book unique is that the authors use the principles taught in yoga, which are principles found in all wisdom traditions, to provide a template in which contemporary social issues may be examined. The premise being that we must elevate our understanding of the root causes of social ills before we can hope to address them effectively.

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