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Book

James Hewitt is a former Fleet Street journalist who now writes full time. He has had thirty-five books published including: Teach Yourself Yoga, Teach Yourself Meditation and The Complete Relaxation Book. Page 1 of 1 Start over Page 1 of 1 This shopping feature will continue to load items when the Enter key is pressed.

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About The Author James Hewitt is a former Fleet Street journalist who now writes full time. He has had thirty-five books published including: Teach Yourself Yoga, Teach Yourself Meditation and The Complete Relaxation Book.

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A former senior editor at O, The Oprah Magazine, Suzan Colon has written ten books, including the inspirational memoir Cherries in Winter: My Family's Recipe for Hope in Hard Times (Doubleday, 2009) and Yoga Mind. Suzan has been practicing yoga for nearly twenty-five years and has been teaching since 2002, with certificates in basic and intermediate Hatha Yoga, Therapeutic Yoga, and Yoga for ...

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When James Hewitt, a young, brave and gifted soldier, first met Diana, Princess of Wales, he was a young Household Cavalry captain on official business at Buckingham Palace. He was single and alone; she a lonely wife, hurt by a loveless marriage. He supported and cared for her during one of the most troubled times of her life. When news of their affair hit the headlines, James's life changed dramatically and irreversibly. Used by the Royal Family as a scapegoat for their own uncaring treatment of Diana and cast as the villain of the piece by the newspapers, Hewitt rapidly became one of the most reviled men in the country and remained so for the next ten years. Yet, in a remarkable reversal of fortune, James proved his resilience, rebuilt his life and made a new career for himself both as a civilian and as a celebrity. In 2003, he rose to the challenge of appearing on Channel 4's The Games. His personality and determination won the nation

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over - he came second and raised a large sum of money for charity. James's popularity was cemented when he won the reality TV show Back to Reality. With his celebrity status confirmed, James Hewitt moved on to a new stage of his life and career, ready, as always, to take on the next challenge. As he himself says, 'I am a forward-thinking character. I don't want to look back. I accept that not everything I have done has been right. If I have made mistakes I'm sorry about that, but I am moving on.' His candid autobiography stands in tribute to his charm, good humour and strength of character - and as a tribute to the love that meant so much to Diana at a difficult time.

Charles, Prince of Wales, Charles Philip Arthur George, born on 14th November 1948 Buckingham Palace, London, England, is the eldest child and heir apparent of Queen Elizabeth II. Styled in Cornwall as the Duke of Cornwall and in Scotland as Duke of Rothesay, he is the longest-serving heir apparent in British history, having held the position since 1952. He is also the oldest person to be next in line to the throne since Sophia of Hanover, the heir presumptive to Queen Anne, who died in 1714 at the age of 83.

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Take a life-affirming journey with Dennis Lewis into the physiological, psychological, and spiritual experience of breathing. A long-time student of Advaita Vedanta, Taoism, and the Gurdjieff Work, he presents a comprehensive approach to understanding the mechanics of the breath, as well as the relationship of breath, emotions, and energy. Best of all, he offers guided explorations of the Whole-Body Breath, the Spacious Breath, the Smiling Breath, the Vital Breath, and more. These practices will improve your health, increase your energy, and support your quest for inner growth.

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