



# The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace

By Pedram Shojai

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## The Urban Monk: Eastern Wisdom and Modern Hacks to Stop Time and Find Success, Happiness, and Peace By Pedram Shojai

We all struggle to discover satisfaction and contentment in the modern world and yet the more technology we use, the more things seem to get worse. What are we all missing? What will it take for us to find our centers? Pedram Shojai shares how the calmness of Zen masters is attainable in today's fast-paced world, and with practice, you too can stop time, refuel, and focus on the things that really matter.

*The Urban Monk*, a *New York Times* bestseller, reveals the secrets to finding an open heart, sharp mind, and grounded sense of well-being, even in the most demanding circumstances. Shojai's no-nonsense life mastery program brings together clear tools and exercises that can elevate your existence. Learn to honor your body with nutrition and shake free from addictions to toxic substances and experiences. Let your body and mind unwind each day with evening meditations, loosening exercises, and resting rituals that will keep any stress or unfinished business out of the bedroom, helping you sleep better so that your body can rejuvenate.

*The Urban Monk* is filled with priceless practices that you can use in your daily life, right here and now. It is designed to be your companion in this crazy world we live in. Get it dirty, mark it up, and take it around with you on your journey to becoming an Urban Monk. There's no need to move or drastically change your current life. You can find peace within, and *The Urban Monk* will teach you how to calm the chaos in your head.

The world needs you to step up and live your life to the fullest. Pedram Shojai is the Urban Monk who can show you how to drink from infinity, find peace and prosperity, and thrive in a modern world.

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### Editorial Review

#### Review

“Pedram offers a fresh and unique perspective on life in the modern world. He truly is an Urban Monk and his friendly style takes us all along for the ride. If you deal with stress, time constraints, and the challenges of a busy life, this book is a must-read.”

**?Sara Gottfried, MD, author of *New York Times* bestsellers *The Hormone Cure* and *The Hormone Reset Diet***

“We know that the healthcare crisis in the West can't be fixed by pills. Lifestyle is the key. The Urban Monk elegantly lays out a balanced way of life that can not only bring us back to health, but help us relax and smile while we do it. I highly recommend this book to anyone trying to get healthy in our fast-paced world.”

**?Mark Hyman, MD, Director, Cleveland Clinic Center for Functional Medicine, author of the #1 *New York Times* bestseller *The Blood Sugar Solution***

“Knowing that meditation is good for us isn't enough. We need to practice it in our daily lives to actually benefit from it. The Urban Monk is a treasure, with many practical lifestyle hacks that can help you be happier and healthier.”

**?Daniel G. Amen, MD, Founder, Amen Clinics and author of *Change Your Brain, Change Your Life***

“Combining modern Western medicine and ancient Eastern wisdom, Dr. Pedram Shojai's cutting-edge, easy-to-implement program helps you burn fat, boost energy, and optimize your life to become an urban monk even in the most stressed-out environment. Can't recommend this one enough!”

**?JJ Virgin, *New York Times* bestselling author, *The Virgin Diet* and *The Virgin Diet Cookbook***

“Written with page-turning verve, this book integrates ancient Taoist wisdom and modern brain science to offer hundreds of practical ways to feel better and do better right now. Funny, direct, and honest, Pedram Shojai feels like a trusted friend and teacher offering a full package of skillful means.”

**?Rick Hanson, Ph.D., author of *Hardwiring Happiness: The New Brain Science of Contentment, Calm, and Confidence***

“Pedram Shojai will heal your soul and kick your ass all the way to enlightenment.”

**?Dave Asprey, author of the *New York Times* bestseller *The Bulletproof Diet***

#### About the Author

Pedram Shojai, OMD, is the founder of Well.org, editor of *BeMore!* magazine, producer of the movies *Vitality* and *Origins*, and the cohost of *The Health Bridge* podcast. He is also an acclaimed Qigong master, master herbalist, and Doctor of Oriental Medicine. Shojai conducts seminars and retreats around the world and is the founder of the Taoist Path School of Alchemy. He is also an ordained priest of the Yellow Dragon Monastery in China. Shojai lives in Irvine, CA.

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**Jorge Hinkley:**

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