

PRESS RELEASE

New Book Uses The Four Yogas to Define Life Purpose

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WHAT'S YOUR DHARMA? Discover the Vedic Way to Your Life's Purpose

By Lissa Coffey

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Lissa Coffey's new book, *What's Your Dharma? Discover the Vedic Way to Your Life's Purpose* explores how each of Vedanta's Four Yogas can lead us to discover our personal path in life.

Deepak Chopra says: "An important part of our purpose in this life is to discover our purpose, and Lissa Coffey shows us how to do that in her beautiful new book *What's Your Dharma?*"

"Dharma" is a Sanskrit word meaning "purpose." Our purpose is much more than our vocation. We each come to feel at some point in our lives that there is something important for us to do, or learn, or experience. As we grow in awareness, we seek to know our dharma, to fulfill our purpose, to somehow have our lives make sense in the context of everything that is going on in the world. In Vedic philosophy, there are four yogas, or paths, that can lead us to our dharma:

-Bhakti Yoga is the path of love, and devotion.

-Karma Yoga is the path of work, and service.

-Jnana Yoga is the path of knowledge.

-Raja Yoga is the path of meditation.

Please visit: <http://www.whatsyourdharma.com> to read an excerpt from the book, and the foreword, written by Gotham Chopra. The site also includes the "Dharma Quiz" and a preview of the Dharma video featuring spiritual luminaries such as Houston Smith, Neale Donald Walsch, and Barbara Marx Hubbard.

Lissa Coffey is well known for her inspiring blend of ancient wisdom and modern style. She's a spiritual teacher and media personality who has been featured on The Today Show, Good Morning America, and many other television shows. Lissa, often referred to as the "Dosha Diva" is the author of five previous books, including the bestseller: *What's Your Dosha, Baby? Discover the Vedic Way for Compatibility in Life and Love.* Her new book, *What's Your Dharma? Discover the Vedic Way to Your Life's Purpose* will be published in January 2012.