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BUILDING OUR BEHAVIORAL BACKBONE: Foundational Yogic Principles to Cultivate Assertiveness

CHITRA SARMMA

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The "Building Our Behavioral Backbone" is written around a practical and contemporary interpretation of the yogic principles of Yama and Niyama (based on Patanjali's Sutras) and provides definitive and realistic actions-behaviors for achieving an assertive personality. Using an informal and story-based narrative style, the author provides a clear and comprehensive set of assertive behaviors that have their roots in the Yamas and Niyamas. Delightfully interspersed with cartoons and illustrations, the book covers several work related situations and inspires assertive behavior at the workplace and life alike. By emphasizing the personal action options available to each person it encourages the practice of self-leadership.

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