

Review of B. K. Hayer by Mariya Tabassum

Brilliant book!

Enjoyed the read through Chapter 1 particularly on Personal Skills which covered many interesting points on self-confidence, mature relationships, ways to energise your body mind and soul and the ying and yang aspects.

The section on Yoga postures has motivated me to take weekly classes to strengthen my mind & body.

Overall, the book provides interesting tips and tricks to live a fuller, healthier and positive life.

Definitely recommend the read to help discover & develop yourself!