

# LIVING WELL TAKES PRACTICE

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## Publication Synopsis

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September 17, 2026

Living Well Takes Practice is a practical whole-life philosophy of human capacity, participation, and becoming. It brings together insights from practice, research, established traditions, observation, and lived experience around a simple proposition: living well takes practice. Grounded in yoga while extending beyond it, its principles apply to movement, relationships, work, leadership, recovery, performance, aging, and community.

### THE SEVEN INTERCONNECTED DIMENSIONS

The monograph's seven Parts form its primary architecture: Part I, Life Is the Practice; Part II, Moving Freely and Easily Through Life; Part III, Human Capacity Can Be Developed; Part IV, Practice and the Person We Become; Part V, Meeting Life as It Is; Part VI, Growth, Purpose, and Becoming; and Part VII, Better Together.

They are neither separate subjects nor sequential steps. They overlap and reinforce one another, showing where practice occurs, how development takes root, how people adapt, and why purpose and relationship matter.

Human beings practice movement, attention, relationships, recovery, leadership, creativity, and performance. Across these activities, the deeper purpose is fuller participation in what matters as life changes.

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*“What we repeatedly practice influences what we become.”*

### THE CAPACITIES THE DIMENSIONS HELP DEVELOP

Within this larger architecture, repeated practice can strengthen four interacting human capacities:

- Physical capacity—strength, mobility, balance, and endurance.
- Attentional capacity—the ability to notice patterns, sustain focus, and respond more deliberately.
- Emotional capacity—steadiness, range, and the ability to recover.
- Relational capacity—listening, connection, compassion, and the ability to repair.

The capacities are not a competing framework. They are practical abilities developed through the Seven Dimensions, and they interact: physical condition affects attention; attention influences emotion; emotional steadiness shapes relationships and recovery.

Repetition, however, is not automatically beneficial. People and organizations can also practice distraction, rigidity, avoidance, resentment, urgency, or withdrawal. Practice strengthens availability, not necessarily wisdom. A habit repeats. A mature practice learns through awareness, reflection, correction, and adaptation. Consistency gives development time to occur, while responsiveness keeps consistency from becoming rigidity.

Ease is not the absence of effort. Living well, building relationships, recovering from difficulty, and accomplishing something meaningful can require considerable effort. Greater ease develops when effort becomes more intelligent—when unnecessary tension and resistance are reduced and a person becomes more capable of responding to what a situation actually requires.

Life continually moves, and balance must be continually adjusted and, when lost, recovered:

- Acceptance—establishes contact with reality.
- Adaptability—adjusts the response as circumstances change.
- Resilience—supports reorientation and continued movement after disruption.
- Purpose—gives development direction.

People do not develop alone. Teachers, families, friends, colleagues, and communities influence what people practice and what becomes possible. Shared practice can provide knowledge, encouragement, accountability, belonging, and continuity. Individual development is real, but it is also relational.

The objective is not to control life, eliminate difficulty, perfect the self, or simply withstand what happens. It is to develop the capacities with which life can be met as it actually unfolds—and to remain capable of growing, contributing, connecting, and pursuing what is genuinely possible, with greater freedom and ease, less unnecessary resistance, wiser effort, and fuller participation.

The deepest measure of practice is not a pose, score, title, or perfected state. It is what becomes more available in life—and what a person becomes more capable of bringing to it.

Living well takes practice. At the same time, life itself is the practice.