

Monkfish Book Publishing Company  
22 East Market Street, Suite 304  
Rhinebeck, New York 12572  
845.876.4861  
monkfishpublishing.com



FOR IMMEDIATE RELEASE

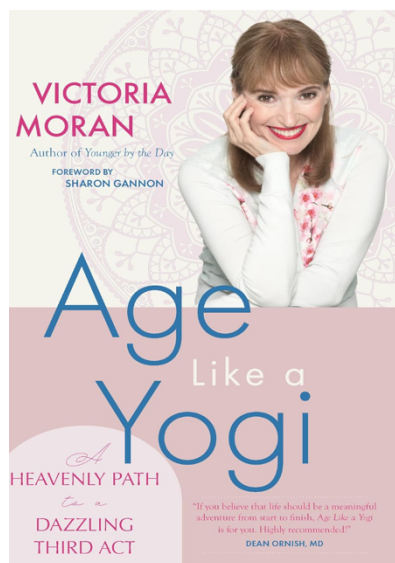
### *Yoga and ayurveda as keys for aging beautifully*

“This book is an honest and light-hearted companion for fully embracing every day and every decade. Highly recommended!” —**Dean Ornish, MD**, #1 *New York Times* bestselling author

“*Age Like a Yogi* is an essential guide to living a long, vibrant and fulfilled life.”  
—**Tara Stiles**, author of *Yoga Cures*; co-founder of Strala Yoga

While advanced age is revered by some, very few are in a hurry to get there. This guide treats physical well-being and spiritual growth as two sides of a coin. It is custom-crafted for midlife and later by addressing both eternal verities and physical health. Yoga, the time-honored philosophy of which headstands and downward-facing dogs are only a fragment, doesn't sugarcoat: physical life will end and material joys, as lovely as they can be, are temporary. In acknowledging our true nature, the eternal divinity that is our essence, we have the best shot at well-being on every level.

Victoria Moran's new book explores spiritual awakening yoga-style, and the fundamentals of yoga's sister science, *ayurveda*, for care of the body. No one is too young to take up these practices, and no one is too old.



***Age Like a Yogi: A Heavenly Path to a Dazzling Third Act*** (Paperback original; ISBN 978-1958972595; 234 pages, US \$19.99) not only gives the reader immediately applicable tools for spiritual awareness and physical health in the post-fifty decades, but also a way to leave this world kinder, safer, saner, and a little more beautiful. It publishes on January 14, 2025.

\*\*\*

For author interviews, media review copies:  
*Jon M. Sweeney, jon@monkfishpublishing.com*

**Victoria Moran** is a longtime devotee of yoga and author of thirteen previous books on wellbeing, compassionate living, and eclectic spirituality. *Creating a Charmed Life* was an international bestseller, and *Shelter for the Spirit* and *Lit from Within* earned her spots on The Oprah Winfrey Show. Victoria hosts the *Main Street Vegan Podcast*, is founder and director of Main Street Vegan Academy, and a

Monkfish Book Publishing Company  
22 East Market Street, Suite 304, Rhinebeck, New York 12572  
845.876.4861 / monkfishpublishing.com

Monkfish Book Publishing Company  
22 East Market Street, Suite 304  
Rhinebeck, New York 12572  
845.876.4861  
jon@monkfishpublishing.com



cofounder of the Compassion Consortium, an interfaith spiritual center based on the principle of *ahimsa*. She was, at age 66, voted Peta's Sexiest Vegan Over 50 and in her early 70s trained as a yoga instructor (RYT-200) and raja yoga instructor. Victoria is a frequent speaker and podcast guest, based in New York City.

"The author, a longtime yogi and prolific self-help writer, here focuses her attention on the concept of aging. While acknowledging that genetics and lifestyle choices greatly influence how one ages, she also draws attention to the cultural and spiritual aspects of the process.... A thoughtful and engaging reflection on what it means to get older, both physically and spiritually." —*Kirkus Reviews*