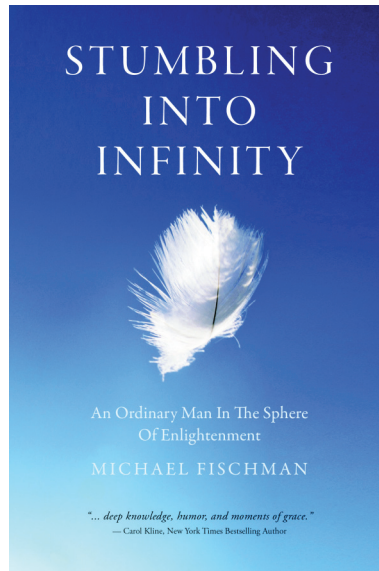


Stumbling Into Infinity
New Book Explores the Art of Living Life Well!



“Michael Fischman’s journey reveals how fears and negative emotions can be transformed into love, compassion, and higher consciousness when a student has an authentic relationship with a wise teacher.” — Deepak Chopra.

On the surface, Michael Fischman appeared to be one of those people who had it all – a dynamic personality, fast-track career, expense account – but looks often are deceiving. The truth is, Fischman was suffering from a common malady, feeling unfulfilled. From the time of his youth, Michael was convinced that there was “something more,” and he needed to find it. Growing up in the fast pace of New York City, the son of an Orthodox Holocaust survivor, Fischman had an oppressive upbringing that left him questioning life and his own self worth. As an adult, those insecurities and lingering doubts about the meaning of life – specifically his life – led him on a years-long journey.

Stumbling Into Infinity: An Ordinary Man In the Sphere of Enlightenment (October 2010, Morgan James Publishing) is the chronicle of Michael Fischman’s experiences in seeking that meaning and purpose to his life – his “something more.” For Fischman, the search led eventually to Sri Sri Ravi Shankar and the Art of Living, a global organization focused on the betterment of both individuals and communities worldwide. As President of the U.S. organization, Fischman, a former advertising executive with Ogilvy and Mather, travels around the country world teaching personal-development seminars that offer tools that bring greater peace, energy, awareness, and joy to daily life.

Stumbling Into Infinity affirms the growing awareness and influence of yoga and meditation as a powerful resource for personal health, spiritual growth, and productive social interaction. Recent surveys in major publications such as *Yoga Journal*, and studies sponsored by several medical organizations, including several published peer-reviewed studies on the breathing techniques that Fischman teaches, found that yoga, meditation,

and breathing techniques can have a profound affect in treating stress, depression, and improving health. Major corporations, schools, and even the military, have embraced the concepts of Art of Living's Sudarshan Kriya/Healing Breath breathing technique to help relax the mind and heal the body.

"Every emotion has a corresponding rhythm of breath," notes Fischman. "When we feel angry or happy, we breathe in particular ways. The breath is the link between the body and mind, and if used skillfully, it can be an easy way to quickly get over negative emotions and uplift people." While Michael Fischman's story is uniquely his, the journey to enlightenment and well-being has become increasingly widespread. No longer labeled as simply a "new age" trend, yoga, meditation, and breathing have become a respected and integral part of the culture.

Fischman brings to life an organization that has not only had a tremendous impact on him personally, but one that has reached out globally to foster diverse humanitarian projects, including disaster relief, conflict resolution, empowerment of women and at-risk youth, prisoner rehabilitation, returning veterans, environmental sustainability, and more. With a large network of participants and volunteers across the country, many Art of Living Foundation programs are carried out locally.

With an underlying message of hope, *Stumbling Into Infinity* joins a long tradition of spiritual memoirs that open readers to new experiences and ways of seeing the world.

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ABOUT THE AUTHOR

Michael Fischman is a leader in the field of personal development. He is one of the founding members of the nonprofit Art of Living Foundation, and has been assisting founder Sri Sri Ravi Shankar for 22 years. He serves as the president of the Foundation's U.S. operation, coordinating the work of 110 teachers and 260 assistant teachers, and thousands of volunteers. Fischman is also the president and CEO of The APEX Course (Achieving Personal Excellence), which has benefited some of America's leading corporations and institutions, with programs at the World Bank, IBM, NASA, the United Nations, MD Anderson Cancer Center, the Third Circuit Court, the Army National Guard, and in many other settings. A native New Yorker, he currently resides in Boca Raton, Florida. *Stumbling Into Infinity* is his first book. For more information, visit www.Stumblingintoinfinity.com or www.artofliving.org.

ABOUT THE BOOK

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By Michael Fischman

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