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By David Charles Manners



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This is the remarkable true story of a young man's initiation in the Himalayas. David Manners was trekking in Nepal when he stumbled upon the mountain home of a *jhankri*, or Nepalese shaman. The *jhankri* accepted David as his pupil, and so began the next stage of David's extraordinary journey, in which he embarked upon an adventure that was more challenging and, ultimately, life-affirming than anything he could have imagined.

In *Limitless Sky*, David shares the wisdom and insights he learnt from those transformational days in the Himalayas. These include practical guidance on how to live a full and fearless life, how to find happiness and how to live in ways that nurture both ourselves and others. As David reveals, the life lessons he learned amongst the mountains of the Himalayas could benefit us all today.



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Editorial Review

Review

"An extraordinary quest into the magical shadowland of Tantric mysticism. Its author, David Charles Manners, is a man worth watching. One can only marvel at what will flow next from his enchanted pen."
—Tahir Shah, author, *The Caliph's House*

"A unique and enlightening story of great courage that will echo for a lifetime." —CBC Radio-Canada

About the Author

David Charles Manners is a writer, musician, yoga teacher and physical therapist who has worked with the Glyndebourne Festival Opera, English National Opera, and the Jerwood Young Artists' Programme. He is also the cofounder of Sarva, a charity that cares for socially excluded individuals and communities on the Indian subcontinent. For the past 21 years, he has spent his life between the Sussex Downs and the Bengal Himalaya.

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