

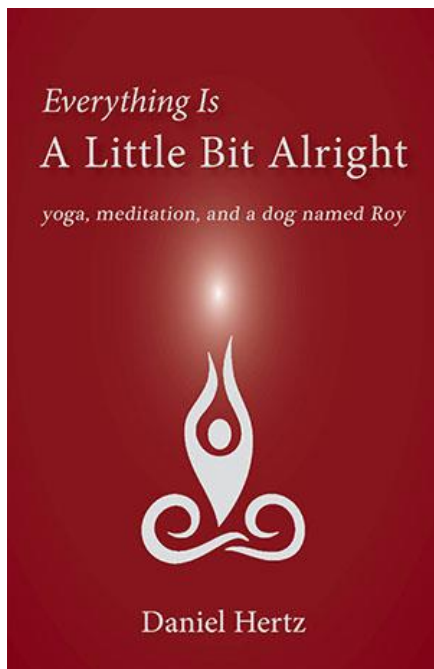
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Press Release

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An uplifting memoir recounting a Minnesotan's lifelong spiritual journey

BRUNSWICK, Maine. When author Daniel Hertz first met Swami Hari during a trip to India, the woman who introduced them posed a question: “This is Daniel. He is forty-one years old and single. Should he get married or renounce?” Some time later, Swami Hari answered the question by introducing Hertz to the woman who eventually became his wife.



Everything Is a Little Bit Alright is an uplifting and lighthearted memoir that recounts the author's lifelong spiritual journey. His struggles as a child with his parents' divorce and his grief from dealing with their illnesses and deaths some years later leave Hertz in need of healing. The practices of yoga and meditation—as well as bonding with his dog Roy—help transform Hertz's grief and sadness into gratitude, forgiveness, and joy.

A pivotal part of Hertz's journey is a monthlong stay at a mountain shrine in India where he first meets the man who will have a strong influence on his spiritual development—Swami Hari. Along with introducing Hertz to his future wife, Swami Hari provided the title of

Hertz's book. No matter the topic or question, Swami Hari would often comment: "Everything is a little bit alright." As Hertz came to discover, there is wisdom in those words. Looking back over his life, Hertz sees that true healing began when he accepted that the one thing in life certain to happen is change.

Daniel Hertz (MS, BCB, E-RYT 500) spent thirty-one years as a teacher and counselor in the Minneapolis Public Schools. In 2004 he received the PreK-12 Outstanding Educator Award from the University of Minnesota, College of Education Alumni Society. Daniel is internationally certified as both a biofeedback practitioner and as a yoga and meditation instructor. He was initiated into the Himalayan Yoga and Meditation Tradition in 1993 and has been on the faculty of the Meditation Center in Minneapolis since 1995.

Everything Is a Little Bit Alright is published by [Shanti Arts Publishing](#), Brunswick, Maine.

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ISBN: 978-1-951651-20-5 | \$5.99 | ebook (Amazon Kindle, Google Play, Apple iBooks)

"Everything Is A Little Bit Alright is a force of measured argument. The reader is mesmerized into a calming meditative space that is at once familiar and highly uncomfortable. Hertz recounts the death of his mother, father, and dog all with the same even-handed delivery and exhalation that he writes of his travels to unfamiliar places. . . . a breathing journey of both literal and internal space. . . . a barely perceptible trail in a heavily wooded grove; a yoga class on each page."

—Nicole Helget, 2018 Minnesota Book Award Winner

"Daniel Hertz opens the door by way of his own life-lessons and gives simple to use techniques of clearing one's mind and opening one's heart. A must read 'How-To' manual for the soul with rich illustrations of enlightened moments that you too can treasure.

Meditate and dance to the ‘inner-music’ of a liberated spirit through the stories and anecdotes. Thank you, Daniel, for this truly remarkable book of life in your journey of life. Your book is truly a beacon of illumination.”

—Daniel Richey, MBA, past director, The Meditation Center, Minneapolis

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