



## Going Om: Real-Life Stories on and off the Yoga Mat

By Melissa Carroll, Cheryl Strayed

Viva Editions. Paperback. Book Condition: new. BRAND NEW, Going Om: Real-Life Stories on and off the Yoga Mat, Melissa Carroll, Cheryl Strayed, With candid, witty, and compelling experiences of yoga from renowned memoirists, including Cheryl Strayed (author of the number-one New York Times bestseller Wild), Claire Dederer (author of national bestseller Poser: My Life in 23 Yoga Poses), Dinty W. Moore (author of The Accidental Buddhist), Neal Pollack (author of Stretch: The Making of a Yoga Dude) and many others, Going Om shares a range of observations about this popular practice. Unlike books on yoga that provide instruction on technique, Going Om is a unique collection of personal narratives from celebrated authors. This anthology of original material values the quality of writing over the authors' flexibility. Ira Sukrungruang shares his heartbreaking struggle as a 375 pound yoga student discovering self-worth on his mat; Gloria Munoz explores the practice of stillness with lyrical elegance in the midst of her busy mind; Neal Pollack's signature sarcasm leads to surprising turns at yoga class with his dad; Elizabeth Kadetsky uses yogic wisdom while coping with her mother's devastating Alzheimer's.



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