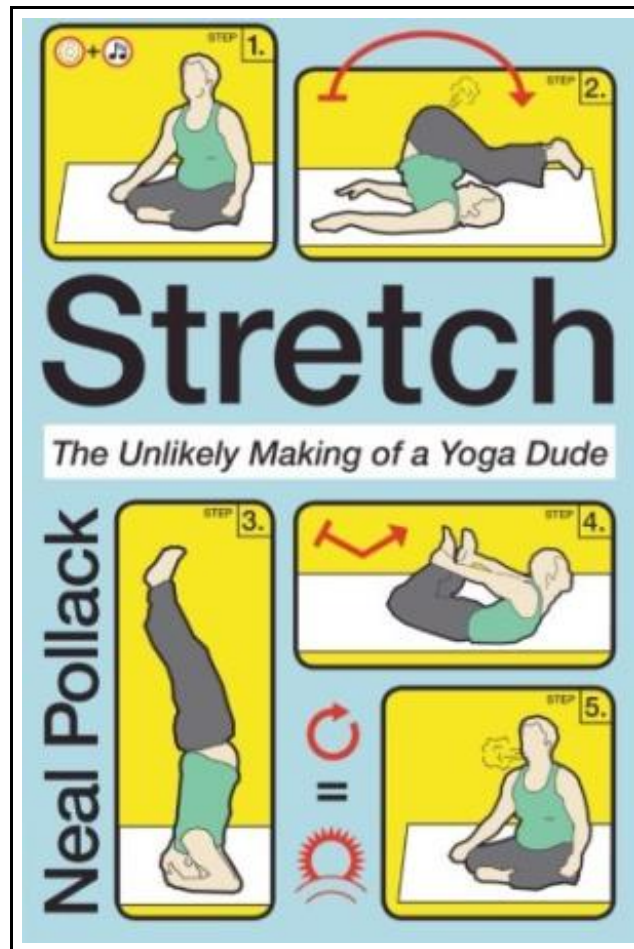


Stretch: The Unlikely Making of a Yoga Dude



Filesize: 3.65 MB

Reviews

If you need to adding benefit, a must buy book. It is really simplified but excitement from the 50 percent of your book. I discovered this book from my dad and i recommended this book to understand.

(Dorothy Sawayn)

STRETCH: THE UNLIKELY MAKING OF A YOGA DUDE



HarperCollins Publishers Inc. Paperback / softback. Book Condition: new. BRAND NEW, Stretch: The Unlikely Making of a Yoga Dude, Neal Pollack, The hilarious true account of an overweight, balding, skeptical guy's unexpected transformation into a healthy, blissful yoga fiend. Neal Pollack was out of shape. The hair on his head was thinning and the hair on his face was pretentious--traits a New York Times critic gleefully pointed out while panning his second book. Combined with the predestined failure of his punk rock band, it was almost too much for Pollack to bear. He was willing to try anything to get his life back on track . . . even yoga. While struggling to master difficult poses without kicking other yogis in the face, Pollack actually, remarkably, began to feel better, both in body and mind. Soon he found himself immersed in the "weird and circuslike" world of yoga. He participated in a 24-hour yogathon, attended yoga conferences and Asian retreats, went to yoga rock shows, started getting regular assignments for Yoga Journal magazine, and, finally, began teaching yoga classes himself. Stretch mercilessly lampoons the bizarre, omnipresent culture of yoga, but it's also a story of profound personal transformation. Pollack started off mocking yoga. Now he's become one of its most enthusiastic proponents.



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