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

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

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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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