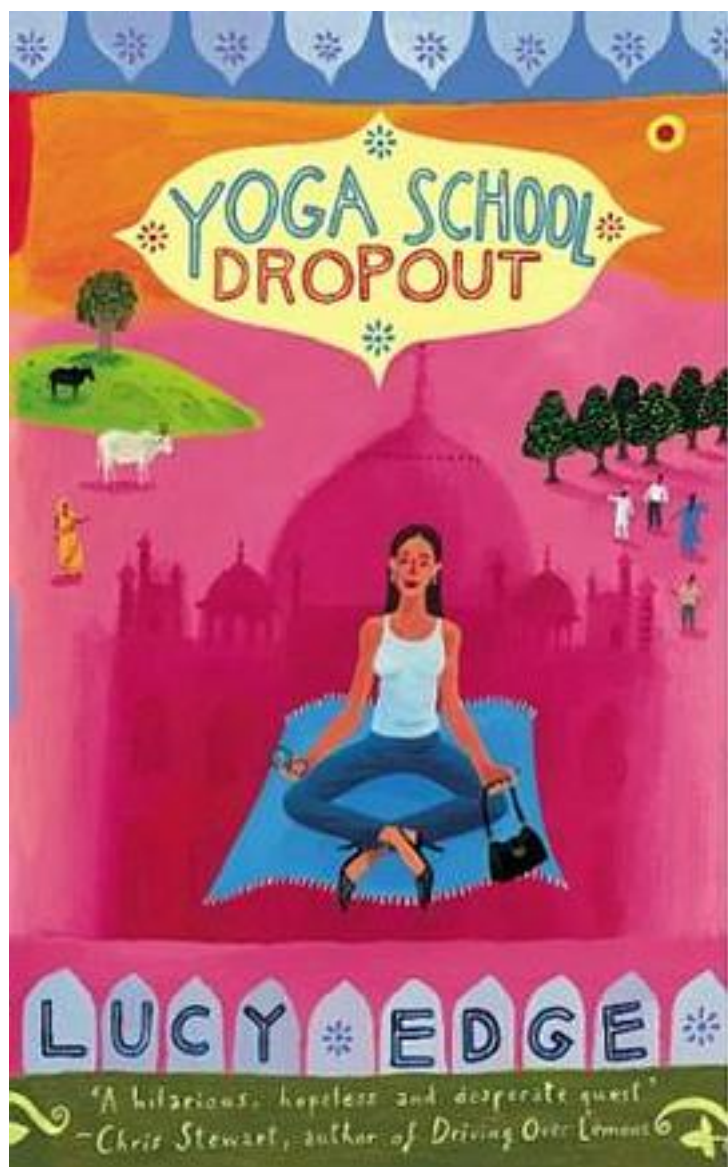


Yoga School Dropout



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著者:Edge, Lucy

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A sharply funny travelogue from a fantastic new writer. Lucy Edge tells the story of her personal quest for serenity and yogic flexibility through the ashrams and gurus of India. After over a decade spent working and drinking too much in the world of advertising, Lucy decided she had to leave town for an altogether more spiritual and, well, meaningful way of life - And whilst she was at it, she could acquire a newly lithe and supple body. Would she come home looking like Christy Turlington and pick up some Buddhist serenity on the way? Or did something much funnier, interesting and complicated happen? Did she fall in love - with a place and its people? A divine comedy of the Western obsession with life's deeper meaning, a yogic experiment and a love letter to India, this is an entertaining book from a wonderful new travel writer.

作者介绍:

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标签

评论

为了打发博卡拉的疲劳一天而读。其中触目惊心是引用甘地说：We should be the change in the world we want to see.
另外，advertising的生活如何和yoga平衡；yoga界怎么也有这么多金字塔和怪力乱神。。。总之是典型的英语通俗文学time killer。

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书评

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