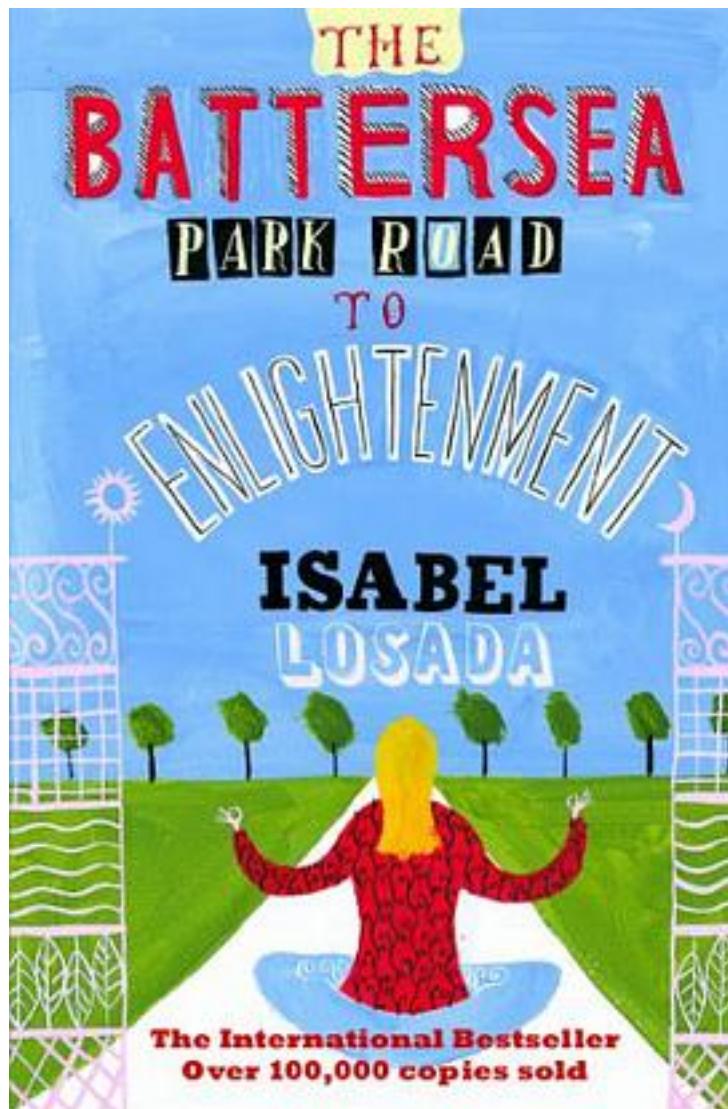


The Battersea Park Road to Enlightenment



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著者:Losada, Isabel

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'You know those people who always radiate cheerful optimism? Nauseating aren't they? I want to become one of those. I want to find out how to live life completely, abundantly, joyfully, stupidly. This is my quest. Enlightenment.' So proclaims Isabel Losada, Starbucks addict, exercise allergic and self-confessed sceptic as she sets out on the road to enlightenment. Beginning with an Insight seminar where hundred people with name badges discuss their 'inner beauty', Isabel journeyed through a gruelling course of 'Rolfing' nude Goddess workshops, a weekend of tantric sex ('Yes! Yes! Yes!') and a reincarnation session, not to mention a spot of colonic irrigation. Irreverent yet open-minded, funny and always honest, "The Battersea Park Road to Enlightenment" is also moving and ultimately illuminating. For anyone who has ever been tempted to dip a toe in the waters of self-discovery, Isabel Losada plunges you straight in.

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