

## Enlightenment For Idiots Anne Cushman

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A yoga teacher finds new life in India—just not the one she was expecting. Nearing thirty, Amanda thought she’d be someone else by now. Instead, she’s an ex-nanny yogini-wannabe who cranks out “For Idiots” travel guides. True, she has a sexy photographer boyfriend, but he’s usually off shooting a dogsled race in Alaska or a vision quest in Peru—or just hooking up with other girls. However, she’s sure her new assignment to the ashrams of India will change everything. What she finds, though, is an ashram run by investment bankers, a model-obsessed guru, tantra parties, and silent retreats. India, it turns out, is not the spiritual refuge she’d pictured. But she finds a friend in Devi Das, a redheaded sadhu who refers to himself as “we.” And when a holy lunatic on the street offers her an enigmatic blessing, Amanda realizes a new life may be in store for her—just not the one she was expecting.

A heartfelt memoir of motherhood as a spiritual practice by a longtime yoga and dharma teacher. Sutra is the Sanskrit name for a short spiritual teaching, and it comes from the same root as the English word suture, or stitch. This story of motherhood as a path to awakening is, says yoga and meditation teacher Anne Cushman, “an homage to the long threads that run through all human lives, stitching up what’s shredded in our hearts.” The Mama Sutra spans an eighteen-year journey through motherhood as a spiritual practice, chronicling Cushman’s first pregnancy, her daughter’s tragic stillbirth, the joyful birth of her son, the “home retreat” of early motherhood, the challenges of parenthood, the diagnosis and gifts of her son’s developmental differences, the meltdown of her nuclear family and its reconfiguration into a new and joyful form, and more. This is a powerful story of the rawness and beauty of life.

A guide for beginners through seasoned practitioners is a one-stop resource on the art of pilgrimage that includes coverage of yogis, temples, food, and spiritual locales from the Himalayas to the Malabar coast. Reprint.

In recent years, "mindfulness" has blasted into mainstream culture much as yoga did two decades ago, making "mindful yoga" an appealing trend. But how does mindful yoga evolve from a buzz-worthy concept to a lived experience? How do yoga asanas and pranayama support and express the practice of meditation? How do you explore the teachings of the Buddha through the vehicle of your own living, breathing, human body? As we quickly learn, the practices are inherently entwined. Experienced yoga and meditation teacher Anne Cushman answers all these questions and more in *Moving into Meditation*, teaching us to deepen our asana practices with mindfulness meditation and enhance our meditation practice with asana. With compassion, humor, and deep intelligence, *Moving into Meditation* guides us through integrating mind, body, and spirit practices for a wide-awake life. The book is presented in a systematic, week-by-week format for ease of use and accessibility, and because the author is also developing an online course for which the book will be a central text. The program progresses through the Buddha's four foundations of mindfulness as well as the koshas.

Pregnancy is a time of wonder and of momentous change, both emotionally and physically. For many women, it is a time like no other in their lives, filled with excitement and awe but also with great uncertainty and vulnerability. This book-and-audio program brings together writings and simple daily practices for bringing the transformative power of mindfulness to this special time. The *Mindful Way through Pregnancy* features: • Yoga and meditation teacher Anne Cushman on finding balance amid the emotional ups and downs of pregnancy • Author Celia Straus on bonding with your child during pregnancy • Yoga teacher Jennifer Brilliant on caring for your changing body • Meditation teacher Judith Lief on calming your fears about childbirth and parenthood • Author Mimi Doe on setting your intentions for parenthood • Zen teacher Karen Maezen Miller on mindfulness and the childbirth experience Also included is an audio download of guided meditation instruction for four simple meditation practices for expectant mothers. Drawn from the Buddhist tradition, these practices offer different ways to develop a sense of calm well-being throughout pregnancy.

What happens when a coffee-drinking, cigarette-smoking, steak-eating twenty-five-year-old atheist decides it is time to get in touch with her spiritual side? Not what you’d expect . . . When Suzanne Morrison decides to travel to Bali for a two-month yoga retreat, she wants nothing more than to be transformed from a twenty-five-year-old with a crippling fear of death into her enchanting yoga teacher, Indra—a woman who seems to have found it all: love, self, and God. But things don’t go quite as expected. Once in Bali, she finds that her beloved yoga teacher and all of her yogamates wake up every morning to drink a large, steaming mug . . . of their own urine. Sugar is a mortal sin. Spirits inhabit kitchen appliances. And the more she tries to find her higher self, the more she faces her cynical, egomaniacal, cigarette-, wine-, and chocolate-craving lower self. *Yoga Bitch* chronicles Suzanne’s hilarious adventures and misadventures as an aspiring yogi who might be just a bit too skeptical to drink the Kool-Aid. But along the way she discovers that no spiritual effort is wasted; even if her yoga retreat doesn’t turn her into the gorgeously calm, wise believer she hopes it will, it does plant seeds that continue to blossom in surprising ways over the next decade of her life.

Writer and editor Bruce Black began studying yoga five years ago, when his knees could no longer stand the stress of running. After taking classes for a few years, he started keeping a journal to explore his experiences on the mat. Out of his journal and his devotion to Anusara Yoga has emerged a book that delves into the nexus of yoga, writing, and life. In *Writing Yoga*, Bruce begins by sharing tips he has learned along the way: the benefits of keeping a practice journal, how to select just the right blank book, writing at different times of day, how often, and more. He has organized the book, by theme, into chapters with guided writing exercises. Part memoir, part writing guide, Bruce reflects on practice as life: the excitement of walking into his first yoga class, apprehension about bending backward, discomfort with body appearance, the yoga of family relationships, the exhilaration of coming into a headstand for the first time, deepening appreciation for his teachers, and waking up to the exquisite beauty of the world around him. And he weaves excerpts from his own journal throughout. Bruce guides you in stepping onto your mat and picking up your journal with curiosity and commitment. He shows how your journal can become a good friend, a confidant, a tool to deepen your experience of asana and pranayama, and a mindfulness practice in itself.

Every aspect of our life has a part to play in the greater ecological system, Michael Stone explains in this book. How do we bring this large view to our yoga practice? According to Stone, our responsibility as human beings is to live in a sustainable and respectful way. He says two things need to change. First, we need to understand the relationship between our actions and the effects of our actions. Second, once we see the effect of our actions in the human and non-human world, we need practical skills for learning how to make changes. Using the five principles (yama) described in the *Yoga-Sutra* attributed to Patanjali, Michael Stone offers a basis for rethinking ethical action and the spiritual path.

It's the most annoying question and they just can't help asking you. You'll be asked it at family gatherings, weddings, and on first dates. And you'll ask yourself far too often. It's the question that has no good answer. It's the question that when people stop asking it, makes you feel even worse: Why are you single? On a brisk October morning in New York, Julie Jenson, a single thirty-eight-year-old book publicist, is on her way to work when she gets a hysterical phone call from her friend Georgia. Reeling from her husband's announcement that he is leaving her for a samba teacher, Georgia convinces a reluctant Julie to organize a fun girls' night out with all their single friends to remind her why it is so much fun not to be tied down. But the night, which starts with steaks and martinis and ends with a trip to the hospital, becomes a wake-up call for Julie. Because none of her friends seems to be having much fun right now: Alice, a former legal aid attorney, has recently quit her job to start dating for a living; Serena is so busy becoming a fully realized person that she can't find time to look for a mate; and Ruby, a curvy and compassionate woman, has been mourning the death of her cat for months. So, fed up with the dysfunction and disappointments of being single in Manhattan, Julie quits her job and sets off to find out how women around the world are dealing with this dreaded phenomenon. From Paris to Rio to Sydney, Bali, Beijing, Mumbai, and Reykjavik, Julie falls in love, gets her heart broken, sees the world, and learns more than she ever dreamed possible. Back in New York, her friends are grappling with their own issues—bad blind dates, loveless engagements, custody battles, and single motherhood. Through their journeys, all these women fight to redefine their vision of love, happiness, and a fulfilled life. Written in Liz Tuccillo's pitch-perfect, hilarious, and relatable voice, *How to Be Single* is the ultimate novel for the adventurer in us all.

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