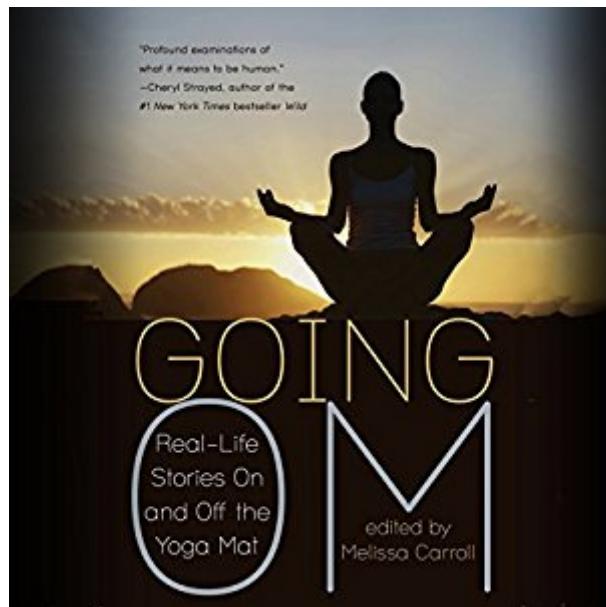


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# Going Om: Real Life Stories On And Off The Yoga Mat



## Synopsis

With candid, witty, and compelling experiences of yoga from renowned memoirists, including Cheryl Strayed (author of the number one New York Times best-seller *Wild*), Claire Dederer (author of national best-seller *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 heartbreakingly honest 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.

## Book Information

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## Customer Reviews

Beautiful collection! I love the range in voices. Claire Dederer & Alan Shaw's essays are wickedly funny, while Ira Sukrungruang & Emily Rapp's essays brought me to tears (good tears! beautiful tears!). Perfect to pick up for short reads and get a burst of inspiration, like before or after a yoga class.

Love this book---I bought it after taking a yoga class and the instructor read from one of the passages---it was funny and thoughtful at the same time, and seemed to perfectly capture the essence of yoga in our modern lives. Each chapter offers a different look at yoga in a different voice---I was literally laughing out loud at parts (the whole "Broga" essay by Alan Shaw and "The, Um, Sexy Yoga Essay" by Claire Dederer). An absolute must read for yoga people and non-yogis alike. Great book you can pick up and enjoy, reading a chapter at a time or skipping around---I've been doing yoga for about a year and a half and I love how this book approaches yoga from a "real-world" perspective, so anyone can appreciate it. I'm buying gifts for my yoga friends this Christmas!

I discovered yoga a few years ago and loved all of the benefits associated with it. I also discovered a love for "yoga stories" which I use to inspire and motivate me. Going OM certainly fit the bill. I loved the many different point of views that are brought to this book, by the diverse people who contributed to this anthology. Its always amazing to me how one subject matter (yoga) can be seen in so many different ways, by people who share something or nothing other than yoga. I also loved the fact that this book is not about who can do it the best or the grandest, but rather about who does it, why and the benefits (all of them) that they find through their own practices. Loved, loved this book.

Going OM: Real-Life Stories on & off the Yoga Mat, edited by Melissa Carroll, is a collection of essays from bestselling authors including Dani Shapiro, Claire Dederer, Suzanne Morrison, Neal Pollack, Emily Rapp, and Adraina Paramo, among others. This is not a how-to-do yoga book, but rather a how-to-live yoga book. This book demonstrates how life, like our yoga practice, is not "perfect", and how we sit in observance of what is presented to us and our reactions to it. From Brenda Miller's essay on page 120: "So, here's to confusion. Here's to the accidental. Here's to finding out what happens when the universe changes your plans." Going OM is divided into four sections: Breathe, Balance, Sweat, and Let Go. Each section has four essays alive with detail and emotion. From the first essay by Ira Sukrungruang to the last by Lisa Knopp, the life stories shared are prime examples of how we are all connected through common experience. There isn't one essay where I didn't say, 'yes, I know how that feels" and "I've been there". These are not tales of grand expeditions to far away lands for deep retreats, they are the grand expeditions of everyday human toils. From Dani Shapiro's essay on page 171: "This is it - all of it - a rich, deep, contemplative, paradoxical life - each hour full of the bitter and the sweet, the push and pull.

Pleasure and pain in the same breath. To love is to risk. To love is to let go."In spite of the the title and the yoga themed section names, the mention of yoga, for the most part is quite subtle. Of course there is talk of taking classes, asana, and meditation but not so much that a non-yogi wouldn't enjoy this book. In fact, it might make them curious about this wonderful, healing practice. For the yogis, it reaffirms why we sustain our practice and continue to mindfully inhale and exhale.

Sometimes we have to step back and look at ourselves to tell who we are and where we are going. To do this it takes real reflection and the openness to accept yourself and what is possible for you. For many they find this time of reflection possible in yoga. In GOING OM Melissa Carroll brings together an eclectic band of writers to share their own experiences of what yoga has done for them and what in part they are able to do in their lives. I loved the fact that yoga for this group was not about perfection. it is about being the best of themselves and realizing that by focusing on the present they are able to best impact their future. GOING OM is all about embracing life, welcoming peace and being connected to something larger than yourself. If you can do that then you will be able to see why meditation and yoga can be great doorways to an improved you.

Really: wow. Going Om contains some amazingly heartfelt and uplifting stories about how yoga has touched the lives of various individuals. It's a very impressive collection, and a darn good read--one worth owning even if you aren't necessarily a fan or practitioner of yoga. The opening essay alone--"Body Replies" by Ira Sukrungruang--would be enough reason for me to buy this book if I hated all the other stories (which I don't). Ira's story as a 370-pound yoga student working towards self-worth provides a powerfully moving and enlightening perspective, and I plan to read and reread it and share it with friends. And if you're thinking this book is more about the yoga and less about the quality of writing, you're wrong. This book feels like the group effort of a bunch of creative writers (who also practice yoga), and it's fantastic.

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