

The Goddess Pose The Audacious Life Of Indra Devi The Woman Who Helped Bring Yoga To The West

He was called “the 20th century’s first superstar guru” (Los Angeles Times), and today, nearly a century after he arrived in the United States, he’s still the best known and most beloved of all the Indian spiritual teachers who have come to the West. Now, finally, Paramahansa Yogananda has the authoritative biography he deserves. Yogananda, considered by many to be the father of modern yoga, has had an unsurpassed global impact thanks to the durability of his teachings, the institutions he created or inspired, and especially his iconic memoir, *Autobiography of a Yogi*. Since its publication in 1946, that book has sold millions of copies and changed millions of lives. But it doesn’t tell the whole story. Much of Yogananda’s seminal text is devoted to tales about other people, and it largely overlooks the three vital decades he spent living, working, and teaching in America. Huge chunks of his life —challenges, controversies, and crises; triumphs, relationships, and formative experiences —remain unknown to even his most ardent devotees. In this captivating biography, scholar and teacher Philip Goldberg fills the gaps, charting a journey that spanned six decades, two hemispheres, two world wars, and unprecedented social changes. The result is an objective, thoroughly researched account of Yogananda’s remarkable life in all its detail, nuance, and complex humanity. But this is more than a compelling life story. “Yogananda would, I believe, want any book about him to not only inform but transform,” Goldberg writes. “It is my hope that readers will be enriched, expanded, and deepened by this humble offering.” That is sure to be the case for both Yogananda enthusiasts and those who discover him for the first time in these illuminating pages.

"The incredible story of the woman--actress, dancer, yogi, globetrotter--who brought yoga to America and to much of the rest of the western world. Born Eugenia Peterson in early 20th century Russia, Indra Devi was a rebel from earliest childhood. In the 1930s she fled to Berlin, and then--driven by her passion for yoga and a fascination with yogic philosophy (and Theosophy)--she journeyed to India, at a time when unaccompanied young European women were unheard of. In India she performed perhaps her greatest feat--convincing even the most recalcitrant yogis, from Krishnamurti to Krishnamacharya, to reveal to her the secrets of their art. She would go on to share what she learned with men and women around the world--teaching Gloria Swanson and Greta Garbo in Hollywood, then moving to Mexico and later to Buenos Aires--helping to usher in the craze for yoga that continues unabated in the U.S. and throughout the world today. Written with vivid clarity, and describing the extraordinary spread and popularization of a philosophical movement, *The Goddess Pose* brings Indra Devi's little known but wholly remarkable story to life"--

When the woman who would become Indra Devi was born in Russia in 1899, yoga was virtually unknown outside of India. By the time of her death, in 2002, it was being practiced everywhere, from Brooklyn to Berlin to Ulaanbaatar. In *The Goddess Pose*, New York Times best-selling author Michelle Goldberg traces the life of the incredible woman who brought yoga to the West and in so doing paints a sweeping picture of the twentieth century. Born into the minor aristocracy (as Eugenia Peterson), Devi grew up in the midst of one of the most turbulent times in human history. Forced to flee the Russian Revolution as a teenager, she joined a famous Berlin cabaret troupe, dove into the vibrant prewar spiritualist movement, and, at a time when it was nearly unthinkable for a young European woman to travel alone, followed the charismatic Theosophical leader Jiddu Krishnamurti to India. Once on the subcontinent, she performed in Indian silent cinema and hobnobbed with the leaders of the independence movement. But her greatest coup was convincing a recalcitrant master yogi to train her in the secrets of his art. Devi would go on to share what she learned with people around the world, teaching in Shanghai during World War II, then in Hollywood, where her students included Gloria Swanson and Greta Garbo. She ran a yoga school in Mexico during the height of the counterculture, served as spiritual adviser to the colonel who tried to overthrow Panamanian strongman Manuel Noriega, and, in her eighties, moved to Buenos Aires at the invitation of a besotted rock star. Everywhere she went, Indra Devi evangelized for yoga, ushering in a global craze that continues unabated. Written with vivid clarity, *The Goddess Pose* brings her remarkable story as an actress, yogi, and globetrotting adventuress to life.

!DOCTYPE HTML PUBLIC "-//W3C//DTD HTML 4.0 Transitional//EN" html meta content="text/html;

charset=ISO-8859-1" http-equiv="content-type" body An introductory guide for scholars and students of the ancient Near East and the history of medicine In this collection JoAnn Scurlock assembles and translates medical texts that provided instructions for ancient doctors and pharmacists. Scurlock unpacks the difficult, technical vocabulary that describes signs and symptoms as well as procedures and plants used in treatments. This fascinating material shines light on the development of medicine in the ancient Near East, yet these tablets were essentially inaccessible to anyone without an expertise in cuneiform. Scurlock’s work fills this gap by providing a key resource for teaching and research. Features: Accessible translations and transliterations for both specialists and non-specialists Texts include a range of historical periods and regions Therapeutic, pharmacological, and diagnostic texts

Learning to Drive • Now a major motion picture starring Patricia Clarkson and Ben Kingsley Celebrated for her award-winning political columns, criticism, and poetry, Katha Pollitt now shows us another side of her talent. *Learning to Drive* is a surprising, revealing, and entertaining collection of essays drawn from the author’s own life. With deep feeling and sharp insight, Pollitt writes about the death of her father; the sad but noble final days of a leftist study group of which she was a member; and the betrayal and heartbreak inflicted by a man who seriously deceived her. (Her infinitely patient, gentle driving instructor points out her weakness—“Observation, Katha, observation!”) She also offers a candid view of her preoccupation with her ex-lover’s haunting presence on the Internet, and her search there for a secret link that might provide a revelation about him that will Explain Everything. Other topics include the differences between women and men—“More than half the male members of the Donner party died of cold and starvation, but three quarters of the

females survived, saved by that extra layer of fat we spend our lives trying to get rid of”—and the practical implications of political theory: “What if socialism—all that warmhearted folderol about community and solidarity and sharing was just an elaborate con job, a way for men to avoid supporting their kids?” Learning to Drive demonstrates that while Katha Pollitt is undeniably one of our era’s most profound observers of culture, society, and politics, she is just as impressively a wise, graceful, and honest observer of her own and others’ human nature. Praise for Learning to Drive “The kind of book you want to look up from at points so you can read aloud certain passages to a friend or lover.”—Chicago Tribune “A powerful personal narrative . . . full of insight and charm . . . Pollitt is her own Jane Austen character . . . haughty and modest, moral and irresponsible, sensible and, happily for us, lost in sensibility.”—The New York Review of Books “With . . . bracing self-honesty, Pollitt takes us through the maddening swirl of contradictions at the heart of being fifty-something: the sense of slowing down, of urgency, of wisdom, of ignorance, of strength, of helplessness, of breakdown, of renewal.”—The Seattle Times “Essays of breathtaking candor and razor-sharp humor . . . [Pollitt] has outdone herself. . . [Her] observations are acute and her confessions tonic. Forget face-lifts; Pollitt’s essays elevate the spirit.”—Booklist (starred review)

Originally from Riga, Latvia, Yoga practitioner, author and teacher Indra Devi (born Eugenie Peterson) lived to 102 years! She became fascinated with India at age 15 and set out to India in 1927 to become a disciple of Sri Tirumalai Krishnamacharya, after which time she moved to different parts of the world and taught Yoga. She comes from the renowned tradition of Mysore. For thousands of years the culture of Yoga has existed in India, bringing to its practitioners remarkable health and spiritual well-being. In YOGA FOR AMERICANS Indra Devi has brought this ancient art to those who need it most: Americans, victims of a driving, competitive, tension-ridden society which suffers from its own superabundance. Here, in the richest country in the world, an alarming number of people still die from malnutrition and allied diseases; obesity, underactivity, and psychosomatic illness are commonplace; tension-inspired heart attacks are the worst killers of all. Here is an invaluable book, packed with sound, proven advice, including many extras such as an introductory question-and-answer session, lavish illustrations, special diets, and constructive advice for those suffering from arthritis, asthma, and overweight.

WITH AN INTRODUCTION BY HELEN SIMPSON From familiar fairy tales and legends â€" Red Riding Hood, Bluebeard, Puss in Boots, Beauty and the Beast, vampires and werewolves â€" Angela Carter has created an absorbing collection of dark, sensual, fantastic stories.

Exercise and relaxation techniques are the natural way to combat life's stresses, enhance your sense of well-being, and allow you to enjoy to the full. This book is the ideal introduction to four of the most popular therapies used today: Yoga, Pilates, Meditation and Stress relief. Together, they provide a comprehensive, practical guide to maintaining health, regaining vitality and achieving peace of mind.

One day Sophie comes home from school to find two questions in her mail: "Who are you?" and "Where does the world come from?" Before she knows it she is enrolled in a correspondence course with a mysterious philosopher. Thus begins Jostein Gaarder's unique novel, which is not only a mystery, but also a complete and entertaining history of philosophy.

In the pantheon of air power spokesmen, Giulio Douhet holds center stage. His writings, more often cited than perhaps actually read, appear as excerpts and aphorisms in the writings of numerous other air power spokesmen, advocates-and critics. Though a highly controversial figure, the very controversy that surrounds him offers to us a testimonial of the value and depth of his work, and the need for airmen today to become familiar with his thought. The progressive development of air power to the point where, today, it is more correct to refer to aerospace power has not outdated the notions of Douhet in the slightest. In fact, in many ways, the kinds of technological capabilities that we enjoy as a global air power provider attest to the breadth of his vision. Douhet, together with Hugh “Boom” Trenchard of Great Britain and William “Billy” Mitchell of the United States, is justly recognized as one of the three great spokesmen of the early air power era. This reprint is offered in the spirit of continuing the dialogue that Douhet himself so perceptively began with the first edition of this book, published in 1921. Readers may well find much that they disagree with in this book, but also much that is of enduring value. The vital necessity of Douhet’s central vision—that command of the air is all important in modern warfare—has been proven throughout the history of wars in this century, from the fighting over the Somme to the air war over Kuwait and Iraq.

Virgil, Aeneid 8 provides the first full-scale commentary on one of the most important and popular books of the great epic of imperial Rome. The commentary is accompanied by a new critical text and a prose translation.

The world knows her as a porn star. . . but it's her way with words that will touch you again and again. Asa Akira's perceptive, funny, and straightforward writings on love, sex, death, marriage and celebrity come together in a surprising book of essays. Personally revealing as well as universal, Dirty Thirty marks the coming of age of a new literary star.

Presents a scientific approach to understanding the practice of hatha yoga: through full-color, three-dimensional illustrations of major muscles, tendons, and ligaments. This book describes the correct positioning of hatha yoga poses (asanas) and their benefits.

The author of the classic New York Times bestseller Passages returns with her inspiring memoir—a chronicle of her trials and triumphs as a groundbreaking “girl” journalist in the 1960s, to iconic guide for women and men seeking to have it all, to one of the premier political profilers of modern times. Candid, insightful, and powerful, Daring: My Passages is the story of the unconventional life of a writer who dared . . . to walk New York City streets with hookers and pimps to expose violent prostitution; to march with civil rights protesters in Northern Ireland as British paratroopers opened fire; to seek out Egypt’s president Anwar Sadat when he was targeted for death after making peace with Israel. Always on the cutting edge of social issues, Gail Sheehy reveals the obstacles and opportunities encountered when she dared to blaze a trail in a “man’s world.” Daring is also a beguiling love story of Sheehy’s tempestuous romance with and eventual happy marriage to Clay Felker, the charismatic creator of New York magazine. As well, Sheehy recounts her audacious pursuit and intimate portraits of many twentieth-century leaders, including Hillary Clinton, Presidents George H. W. and George W. Bush, and the world-altering attraction between Margaret Thatcher and Mikhail Gorbachev. Sheehy reflects on desire, ambition, and wanting it all—career, love, children, friends, social significance—and

lays bare her major life passages: false starts and surprise successes, the shock of failures and inner crises; betrayal in a first marriage; life as a single mother; flings of an ardent, liberated young woman; her adoption of a second daughter from a refugee camp; marriage to the love of her life and their ensuing years of happiness, even in the shadow of illness. Now stronger than ever, Sheehy speaks from hard-won experience to today's young women. Her fascinating, no-holds-barred story is a testament to guts, resilience, smarts, and daring, and offers a bold perspective on all of life's passages.

Journalist Susan Faludi's inquiry into the meaning of identity in the modern world and in her own haunted family saga, involving her 76-year-old father--long estranged and living in Hungary--who underwent sex reassignment surgery.

Respected historian of science Ronald Numbers here examines one of the most influential, yet least examined, religious leaders in American history -- Ellen G. White, the enigmatic visionary who founded the Seventh-day Adventist Church. Numbers scrutinizes White's life (1827-1915), from her teenage visions and testimonies to her extensive advice on health reform, which influenced the direction of the church she founded. This third edition features a new preface and two key documents that shed further light on White -- transcripts of the trial of Elder Israel Dammon in 1845 and the proceedings of the secret Bible Conferences in 1919."

"This book follows up on recent findings that modern postural yoga is the outcome of a complex process of transcultural exchange and syncretism and digs even deeper, looking to uncover the disparate but entangled roots of contemporary yoga practice. In doing so, it proposes that some of what we call yoga, especially when it comes to North America and Europe, is only slightly genealogically related to pre-modern Indian yoga traditions. Rather, they are equally if not more grounded in Hellenistic theories of the subtle body, Western esotericism and magic, pre-modern European medicine, and late-nineteenth-century women's wellness programs. Marshalling these under the umbrella category of "harmonialism," the present book argues that they constitute a history of analogous practices that were gradually subsumed into the language of yoga. This allows us to fundamentally recontextualize the peculiarities of Western, and especially certain mainstream American form of yoga--their focus on aesthetic representation, their privileging of bodily posture and unsystematic incorporation of breathwork, and above all their overwhelmingly privileged female demographics. The initial chapters of the book lay out the basic shape and history of these concepts and practices, while the later chapters explore their development into a spiritualized form of women's physical culture over the course of the late-nineteenth and early-twentieth centuries, including the ways in which they became increasingly associated with yoga"--

"Goldfinger" by Ian Fleming. Published by Good Press. Good Press publishes a wide range of titles that encompasses every genre. From well-known classics & literary fiction and non-fiction to forgotten?or yet undiscovered gems?of world literature, we issue the books that need to be read. Each Good Press edition has been meticulously edited and formatted to boost readability for all e-readers and devices. Our goal is to produce eBooks that are user-friendly and accessible to everyone in a high-quality digital format.

If animals could tell us about themselves, using our scientific knowledge, if they could tell us about the way they live, the special way they are made and many details about their individual design - what they would say would be unique praise to the Creator. Did you know that while in flight, the sparrow's heart can beat up to 760 times per minute? Or that a baby blue whale grows at a rate of 7.28 pounds an hour while it's nursing, a grand total of 17 tons by the end of the nursing stage? How about that glow worms have a light output efficiency of 100% as compared to only 4% for our incandescent bulbs? Dr. Werner Gitt, one of the foremost creationist speakers in the world, uses his scientific expertise in this book to show the unique design features of some of God's most captivating creations. All people, young and old, layperson or expert, will be able to understand and enjoy this straightforward book. Told from the perspective of the animals being described, *If Animals Could Talk* clearly shows the impossibility of life without design. Dr. Gitt uses simple language to provoke a sense of wonder and awe at the marvelous design of the Creator.

Whether you have five minutes or an hour, taking time out each day to relax and renew is essential to living well. This book presents nurturing physical postures and breathing techniques called restorative yoga. When practiced regularly, they will help you to:

- Heal the effects of chronic stress
- Recover from illness or injury
- Balance energy and quiet the mind

With clear instructions and photographs, *Relax and Renew* gently guides the experienced practitioner and enthusiastic beginner—regardless of age, flexibility, or strength—in techniques that will ease your way through this hectic world. The first book devoted exclusively to restorative yoga, *Relax and Renew* offers:

- A general restorative sequence
- Programs for back pain, headaches, insomnia, jet lag, and breathing problems
- A special section for women during menstruation, pregnancy, and menopause
- Routines for when time is limited, including one for the office
- Practical suggestions that help you prevent stress and live more fully in the present moment

The #1 New York Times bestselling (mostly true) memoir from the hilarious author of *Furiously Happy*. "Gaspingly funny and wonderfully inappropriate."—*O, The Oprah Magazine* When Jenny Lawson was little, all she ever wanted was to fit in. That dream was cut short by her fantastically unbalanced father and a morbidly eccentric childhood. It did, however, open up an opportunity for Lawson to find the humor in the strange shame-spiral that is her life, and we are all the better for it. In the irreverent *Let's Pretend This Never Happened*, Lawson's long-suffering husband and sweet daughter help her uncover the surprising discovery that the most terribly human moments—the ones we want to pretend never happened—are the very same moments that make us the people we are today. For every intellectual misfit who thought they were the only ones to think the things that Lawson dares to say out loud, this is a poignant and hysterical look at the dark, disturbing, yet wonderful moments of our lives. **Readers Guide Inside**

Originally published in 1948 as *Yoga for Americans*, this book was one of the first to be issued in America that provided a program for the practice of the then relatively unknown science of yoga. This new edition is completely revised for the American market--in which yoga currently enjoys an unprecedented popularity--yet retains the honest simplicity that makes Indra Devi one of the great instructors to span two centuries. With simple, easy-to-learn techniques and a down-to-earth approach, the return to print of *Yoga for You* in English has been long overdue.

Stir Up Some Food, Fun & Faith in the Kitchen Grab your apron and a friend or two and cook up some tasty treats and yummy eats. With step-by-step instructions and photos good enough to make your mouth water, this cookbook helps you master simple recipes, impressive main courses, and elegant deserts, including: Homemade Hot Pretzels Toffee Tarts White Chicken Chili Mango Chicken Quesadillas Best Friend Cupcakes Soups, smoothies, holiday recipes, and much more—some contributed from other Faithgirlz just like you. Plus, you'll also experience cooking as a memory-making, God-honoring, wonderful way to share and serve delicious food with those you love. So whether you eat or drink or whatever you do, do it all for the glory of God. —1 Corinthians 10:31

This early work on Martin Luther is both expensive and hard to find in its first edition. It details the life of the monk responsible for translating the Bible from Latin into German and for inspiring the Lutheran movement. This is a fascinating work and is thoroughly recommended for anyone interested in the history of European religion. Many of the earliest books, particularly those dating back to the 1900s and before, are now extremely scarce. We are republishing these classic works in affordable, high quality, modern editions, using the original text and artwork.

Witty and heartfelt, clear-sighted and irreverent, *Poser* is the book that sane, sensible and intelligent mothers around the world have been waiting for

New York Times best-selling author Michelle Goldberg tells the globetrotting story of the incredible woman who brought yoga to

the West. When Indra Devi was born in Russia in 1899, yoga was virtually unknown outside of India. By the time of her death, in 2002, it was being practiced around the world. Here Michelle Goldberg tells the globetrotting story of the incredible woman who helped usher in a craze that continues unabated to this day. A sweeping picture of the twentieth century that travels from the cabarets of Berlin to the Mysore Palace to Golden Age Hollywood and beyond, *The Goddess Pose* brings the Devi's little known but extraordinary adventures vividly to life.

Perhaps no other teacher has sparked the fires of as many spiritual seekers in the West as Ram Dass. If you've ever embraced the phrase "be here now," practiced meditation or yoga, tried psychedelics, or supported anyone in a hospice, prison, or homeless center—then the story of Ram Dass is also part of your story. From his birth in 1931 to his luminous later years, Ram Dass saw his life as just one incarnation of many. This memoir puts us in the passenger seat with the one time Harvard psychologist and lifelong risk-taker Richard Alpert, who loved to take friends on wild rides on his Harley and test nearly every boundary—inner or outer—that came his way. Here, Ram Dass shares his life's odyssey in intimate detail: how he struggled with issues of self-identity and sexuality in his youth, pioneered psychedelic research, and opened the doorways to Eastern spiritual practices. In 1967 he trekked to India and met his guru, Neem Karoli Baba. He returned as a yogi and psychologist whose perspective changed millions. Populated by a cast of luminaries ranging from Timothy Leary to Elisabeth Kübler-Ross, Allen Ginsberg to Sharon Salzberg, Aldous Huxley to Alan Watts—this intimate memoir chronicles Ram Dass's experience of the cultural and spiritual transformations that resonate with us to this day, a journey from the mind to the heart, from the ego to the soul. Before, after, and along these waypoints, readers will encounter many other adventures and revelations—each ringing with the potential to awaken the universal, loving divine that links this beloved teacher to all of us.

The Goddess Pose: The Audacious Life of Indra Devi, the Woman who Helped Bring Yoga to the West Vintage

"This is the story of a year I spent in New York, studying with Yoga Master Alan Finger." When Katrina Repka moved to New York, she was eager to shed her past and begin a new life, but she soon discovered that her old problems had followed her to the big city, and that instead of finding herself, she was more lost than ever. It was when she was almost ready to give up on everything that she read a magazine article on Master Yogi Alan Finger and knew that she had to meet him. It was a meeting that would change her life. Over the next twelve months, with Alan's help, Katrina tackled and overcame many of the obstacles holding her back. Dealing with issues that every woman will relate to--criticism, emptiness, balance, family, and creativity (among others)--the twelve chapters in *Breathing Space* follow Katrina's ups and downs in New York. At the end of each chapter there is a simple but effective breathing exercise that will help readers eliminate harmful behavior patterns and speed their own process of personal transformation. *Breathing Space* is an inspiring and instructive book that offers every woman the chance to follow the author's path and become the person she truly wants and deserves to be.

A reader-friendly translation of the medieval Indian text, which presents a powerful, compassionate goddess as ruler of the universe.

"Starting Point" takes readers on a journey of discovering the broad arch of God's story and where they fit into the narrative. This Bible study program is for those who are new to the Christian faith, simply curious about it, or reexamining it after time away from church.

A cautionary account of growing religious radicalism in America warns of the potential dangers of a doctrine through which Christians believe they have a right to rule non-Christians, identifying political practices that aggressively promote conservativea The investigative journalist author of *Kingdom Coming* explores the ways in which restrictions against women's reproductive rights are directly linked to consequences in global development, in a cautionary report that covers such topics as abortion, female circumcision, and human trafficking.

When one person dares to speak her truth, it challenges us all to live our own. With *Red Hot and Holy*, Sera Beak offers a provocative and intimate view of what it means to get up close and personal with the divine in modern times. With a rare combination of audacious wit, scholarly acumen, and tender vulnerability—vibrantly mixed with red wine, rock songs, tattoos, and erotic encounters—Sera candidly chronicles the highs and lows of her mystical journey. From the innocence of her childhood crush on God; through a whirlwind of torrid liaisons and bitter break-ups with Christianity, Buddhism, Sufism, Hinduism, and the New Age; and finally into committed monogamy with her own Red Hot and Holy Goddess, Sera shares transformative insights, encouraging us all to trust our unique path and ignite our own spiritual love affair. Sera Beak's luscious writing and renegade spiritual wisdom that slices through religious and new age dogma made her debut book *The Red Book* a breakout success. With *Red Hot and Holy* she offers a far more personal book—an illuminating, hilarious, and above all utterly honest portrait of the heart-opening process of mystical realization. This hot and holy book invites you to embrace your soul, unleash your true Self, and burn, baby, burn with divine love. Excerpt As a child, I was madly in love with God. Gaga for God. In grade school, I used to write "I (heart) God" at the top of all my homework assignments and in the margins of the notes I passed to my girlfriends about which boys we thought were cute. Next to *The Little Princess*, a children's bible was kept on my bedside table for nightly reading. Miracles? Prophetic dreams? Angels? Healing the sick? Sign me up for those gigs! And every Thursday I believed J.C. dropped by my bedroom so I could ask him personal questions and tell him which sister was annoying me the most. I was magnetized to rosaries, prayers, and pyramids the way other kids were to doughnuts, MTV and the Cabbage Patch Kids, and every time I saw a religious figure (priest, nun, Buddhist monk, Hare Krishna) out in public, it would take an enormous amount of willpower not to stalk them. When Career Days at school would come around, my questionnaire would look a little something like this: Favorite subject? God Favorite hobby? God What do you want to be when you grow up? God (Okay, there was a brief time when I was six years old when the answer to that last question was "an albino." I thought albinism would make me glow in the dark.) When I was a child, God was not a belief of a magical Santa Claus type. He was as real as my heart. I felt Him (inside me). I recognized Him (everywhere). I knew Him (personally). We hung out together, and I never wanted our rendezvous to stop. I only wanted us to draw closer. I assumed I was experiencing what many Catholics refer to as "the call" to be a priest, so I matter-of-factly informed my parish priests and Sunday school teachers of my future vocation. They laughed, patted my head, and told me I couldn't have heard the call to be a priest because I had a vagina. Okay, they didn't say that last part, but believe me, it was implied. They did tell me that only men were allowed to be priests because Jesus only had male disciples (to which Mary Magdalene juts out her left hip and slaps her round cheek with *The Gospel of Mary Magdalene*). But, of course, I could always be a nun.

An authentic compendium of 1970s' New York style and attitude and a confirmed masterpiece. Idols began with an awestruck Larrain visiting Kansas City in the explosively liberating early years of the gay rights movement and befriending Taylor Meade and John Noble. Once they had been photographed, the rest of the troupe followed suit. The result is a collection of photographs of a generation of New York's most talented, outrageous, glamorous and mostly gay personalities who posed for Larrain in his now legendary Soho studio.

"Biography of Indra Devi, a European woman who, over the course of her century-long life, helped introduce yoga to the U.S"--

When Bill Wilson, with his friend Dr. Bob Smith, founded Alcoholics Anonymous in 1935, his hope was that AA would become a safe haven

Read Book The Goddess Pose The Audacious Life Of Indra Devi The Woman Who Helped Bring Yoga To The West

for those who suffered from this disease. Thirty years after his death, AA continues to help millions of alcoholics recover from what had been commonly regarded as a hopeless addiction. Still, while Wilson was a visionary for millions, he was no saint. After cofounding Alcoholics Anonymous, he stayed sober for over thirty-five years, helping countless thousands rebuild their lives. But at the same time, Wilson suffered from debilitating bouts of clinical depression, was a womanizer, and experimented with LSD. Francis Hartigan, the former secretary and confidant to Wilson's wife, Lois, has exhaustively researched his subject, writing with a complete insider's knowledge. Drawing on extensive interviews with Lois Wilson and scores of early members of AA, he fully explores Wilson's organizational genius, his devotion to the cause, and almost martyr-like selflessness. That Wilson, like all of us, had to struggle with his own personal demons makes this biography all the more moving and inspirational. Hartigan reveals the story of Wilson's life to be as humorous, horrific, and powerful as any of the AA vignettes told daily around the world.

If you think that you have to retreat to a cave in the Himalayas to find the enlightenment that yoga promises, think again. In this second edition of *Living Your Yoga*, Judith Hanson Lasater stretches the meaning of yoga beyond its familiar poses and breathing techniques to include the events of daily life—all of them—as ways to practice. This edition includes three new chapters (Relaxation, Empathy, and Worship), a full index, and new interior and cover designs. Using the time-honored wisdom of the *Yoga Sutra* and the *Bhagavad Gita* to steer the course, she serves up off-the-mat practices to guide you in deepening your relationships with yourself, your family and friends, and the world around you. Inspiring and practical, she blends her heartfelt knowledge of an ancient tradition with her life experiences as a daughter, sister, partner, mother, friend, and yoga practitioner and teacher. The result: a new yoga that beckons you to find the spiritual in everyday life.

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