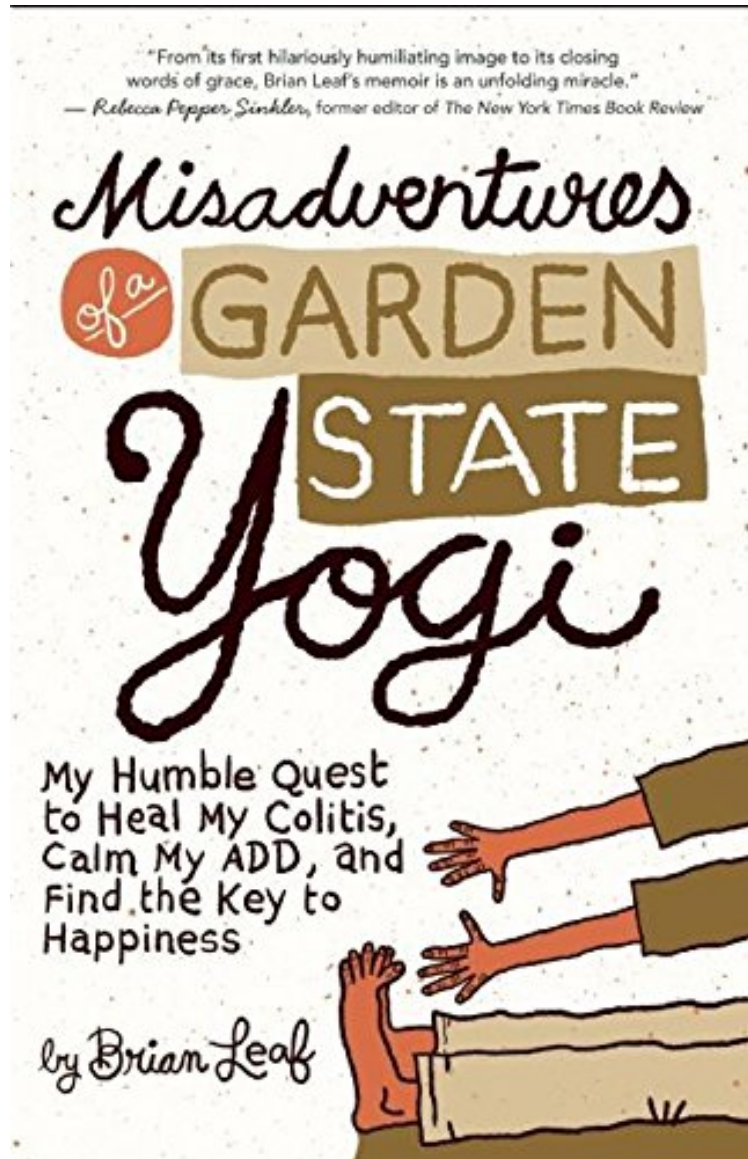


(Mobile pdf) Misadventures of a Garden State Yogi: My Humble Quest to Heal My Colitis, Calm My ADD, and Find the Key to Happiness

Misadventures of a Garden State Yogi: My Humble Quest to Heal My Colitis, Calm My ADD, and Find the Key to Happiness

Brian Leaf

audiobook | *ebooks | Download PDF | ePub | DOC



[Download](#)

[Read Online](#)

#925981 in Books 2012-10-09 Original language: English PDF # 1 8.40 x .60 x 5.50l, #File Name: 160868136X264 pages | File size: 34.Mb

Brian Leaf : Misadventures of a Garden State Yogi: My Humble Quest to Heal My Colitis, Calm My ADD, and Find the Key to Happiness before purchasing it in order to gage whether or not it would be worth my time, and all praised Misadventures of a Garden State Yogi: My Humble Quest to Heal My Colitis, Calm My ADD, and Find the Key to Happiness:

17 of 18 people found the following review helpful. "Fearless, Honest, Relaxed" By C.Kay Griffin We find in this engaging autobiography that Brian Leaf learns to be "fearless, honest, and relaxed" during his quest for growth and self-discovery. As a result, he writes with that same winning formula; therefore, he presents himself as a reliable narrator--one who neither avoids embarrassing incidents, nor embellishes them to shock his audience. Instead, his memoir is often laugh-out-loud funny as he and his friend take their cross-country pilgrimage to find answers pertinent to their lives. This road trip introduces us to a panorama of personalities--yogis, educators, sociologists, Dead Heads, Dr. Sweetmember, "randy" Ruby, and Brian's loving, supporting family to name a few. By leaving New Jersey, Brian finds himself surreptitiously sleeping in parking lots, adjusting to ashrams, emitting a green light of energy, accidentally visiting a hooker, liberating himself in some hot springs, and chanting in a sand storm. These experiences, and others, provide the road map to continue his journey towards holistic health when he returns home. While Brian explores different "yoga styles" and eventually finds the best fit for him, this book is not just for yoga enthusiasts. This book is for all seekers who want the best out of life. Brian shares lessons learned, his favorite yoga practices, his meditation, co-listening, and relaxation techniques, and Ayurvedic recommendations. Brian believes that "you can't plan where you'll find bliss and transformation; you can only follow the whispers as they call out to you." This book may or may not be your "whisper," but it should be on your "to read" this list. It's that good!

2 of 2 people found the following review helpful. Very enjoyable yoga memoir By Happy Hiker I really liked this. After reading some reviews, I was a little worried that I might not like it, but I'm learning that I can't always trust reviewers. This is a thoughtful and sincere yoga memoir from a young American male perspective. He starts out practicing yoga as a teen and spends nearly a decade exploring yoga, Aryurveda, meditation, and more. This is his story, and it's one that's enjoyable and interesting to read. This is a definite must-read for anyone reading modern day yoga memoirs. It will appeal to those who practice yoga and are exploring life off the mat while working and/or going to school full time.

3 of 3 people found the following review helpful. Yoga, Poop and Pop Culture By Victoria Fedden Brian Leaf is hilarious and more than a little bit enlightened. I love how he can write honestly and spiritually while also being totally up front about poop related issues. He's a master of quirky, pop culture references and reading this book put me in a great mood, except when it ended because I wanted more, but unfortunately the only other things this guy has written are some kind of test prep books or something. Oh, and it's about yoga, but you don't have to be a yogi to go along for the ride and enjoy the story. Great book.

As a college freshman business major suffering from a variety of anxiety-related maladies, Brian Leaf stumbled into an elective: yoga. It was 1989. All his classmates were female. And men did not yet generally "cry, hug, or do yoga." But yoga soothed and calmed Leaf as nothing else had. As his hilarious and wise tale shows, Leaf embarked on a quest for health and happiness — visiting yoga studios around the country and consulting Ayurvedic physicians, swamis, and even (accidentally) a prostitute. Twenty-one years later, he teaches yoga and meditation and is the beloved founder of a holistic tutoring center that helps students whose ailments he once shared.

From Booklist Throughout this entertaining and enlightening memoir, Leaf demonstrates that he is a yogi with a great sense of humor. As a stressed out, straight-A high-school student and the champion debater of New Jersey, he suffered from ulcerative colitis. As a Georgetown University student in 1989, he signed up for yoga on a whim, and ended up improving his health and changing his life. He is occasionally too New Agey here, but most of the time Leaf is down to earth and hilarious. His take on marijuana: "Yoga has the same perks but without the side effects, and it's cheaper." A couple of his eight secrets to happiness are disappointing. No one will argue with "follow your heart," but one "secret" begins with "turn to appendix 6 and determine your Ayurvedic constitution." Goodness. Still, the likable narrator's joyful embrace of life is contagious. He begins each chapter with an inspirational quote, such as this one from Ralph Waldo Emerson: "All life is an experiment. The more experiments you make, the better." This book is one of those lovely experiments. --Karen Springen "Leaf's tale unfolds like a trail of delicious bread crumbs leading to the heart of yoga practice. Whether you choose to scarf them down mindlessly or savor every morsel is up to you. But definitely take time to savor Leaf's brilliant self-inquiry." — Yoga Journal "Throughout this entertaining and enlightening memoir, Leaf demonstrates that he is a yogi with a great sense of humor....[His] joyful embrace of life is contagious." — Booklist "Leaf examines every situation with a fearless and trenchant wit, placing each in the context of his search for better health and happiness in part through yoga." — Yoga International "From its first hilariously humiliating image to its closing words of grace, Brian Leaf's memoir is an unfolding miracle." — Rebecca Pepper Sinkler, former editor of The New York Times Book "[Brian Leaf] writes in an utterly winning voice — by turns as neurotic as Woody Allen, as irreverent as Huck Finn, and as serious as Jack Kerouac. It's a fun romp — and much, much more." — Stephen Cope, director of the Kripalu Institute for Extraordinary Living and author of Yoga and the Quest for the True Self "Brian Leaf clearly spent his formative years seated before masters like Obi Wan Kenobi and Seinfeld. Misadventures of a Garden State Yogi follows the path of yoga wherever it leads, from the sublimely ridiculous to the ridiculously sublime. It is ultimately a heartfelt testament to yoga's power to heal body, mind, and spirit." — Timothy McCall, MD, author of Yoga as Medicine and medical editor of Yoga Journal "Brian's writing is

funny and accessible and clearly reflects his personality and life experience. Check it out!”— Noah Levine, author of Dharma Punx“This awesome book made me laugh out loud. I kept thinking, it’s high time that a man told his Eat, Pray, Love story.”— Desirée Rumbaugh, creator of the Yoga to the Rescue DVD series“Brian Leaf is like the Bill Cosby of yoga — recounting common emotions and situations on a yogi’s path in a way that makes you laugh with acknowledgment. His story is so graphic, I felt like I was practically holding his hand!”— Kathryn Budig, author of The Women’s Health Big Book of Yoga“Brian Leaf’s charming and engaging account of his yogic journey is sure to strike a chord with readers who are embarking on their own adventures toward health and self-discovery.”— Leslie Kaminoff, coauthor of Yoga Anatomy