



Downward Dog, Upward Fog

Meryl Davids Landau

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Lorna Crawford has a great boyfriend, longtime friends, and a well-paying job as special-events coordinator at a premium ice-cream manufacturer. But, out of sorts and filled with self-doubt, the 33 year old soon realizes that what she really wants is to stay on the spiritual path she keeps diving off of. Lorna jump-starts her efforts at a silent yoga retreat. But after returning from the mountain, she quickly loses her connection in the face of scheming coworkers, judgmental girlfriends, and, especially, her overly critical mother. Lorna also wrestles over her future with her boyfriend, a hot guy who takes her to the hottest places, but who can't discern a meditation cushion from a toad stool. Reading spiritual books and visiting a channeler and energy healer move Lorna forward, but her confusion remains. Lorna's seeking is put to the ultimate test when personal tragedy strikes. Will she come to truly understand that living spiritually has little to do with how you pretzel yourself on the yoga mat (although she gets plenty good at that), and everything to do with embracing the twists in everyday life? "An inspirational gem that will appeal to introspective, evolving women"--ForeWord Reviews

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Donald Hamann:

Spent a free time to be fun activity to perform! A lot of people spent their leisure time with their family, or their particular friends. Usually they performing activity like watching television, about to beach, or picnic in the park. They actually doing ditto every week. Do you feel it? Will you something different to fill your own free time/ holiday? May be reading a book could be option to fill your free time/ holiday. The first thing that you'll ask may be what kinds of e-book that you should read. If you want to try out look for book, may be the reserve untitled Downward Dog, Upward Fog can be good book to read. May be it can be best activity to you.

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