



Poser: My Life in Twenty-Three Yoga Poses (Paperback)

By Claire Dederer

St Martin's Press, United States, 2012. Paperback. Condition: New. Reprint. Language: English . Brand New Book. National Bestseller Ten years ago, Claire Dederer put her back out while breastfeeding her baby daughter. Told to try yoga by everyone from the woman behind the counter at the co-op to the homeless guy on the corner, she signed up for her first class. She fell madly in love. Over the next decade, she would tackle triangle, wheel, and the dreaded crow, becoming fast friends with some poses and developing long-standing feuds with others. At the same time, she found herself confronting the forces that shaped her generation. Daughters of women who ran away to find themselves and made a few messes along the way, Dederer and her peers grew up determined to be good, good, good--even if this meant feeling hemmed in by the smugness of their organic-buying, attachment-parenting, anxiously conscientious little world. Yoga seemed to fit right into this virtuous program, but to her surprise, Dederer found that the deeper she went into the poses, the more they tested her most basic ideas of what makes a good mother, daughter, friend, wife--and the more they made her want something a...

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