



Um, Like... OM: A Girl Goddess's Guide to Yoga

Evan Cooper

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The perfect primer for yoga enthusiasts, Um, Like... OM goes above and beyond teaching the technique of yoga: it reveals how yoga can help teenage girls face any challenge that comes their way, from dealing with difficult parents to break-ups to the pressure to conform. Written in a hip and empathetic voice by a yoga practitioner who knows all about the ups and downs of the teenage years, this book also provides tips and tricks on how girls can tell their inner critic to take a hike and embrace the girl goddess within. Packed with illustrated yoga poses, real-life teen stories, inspiring quotations, sidebars with FYIs ("Fun Yoga Information"), book and music recommendations, and a glossary, Um, Like... OM is the ultimate guide to yoga-and life-for teens.

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