



Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga

Benjamin Lorr

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Author Benjamin Lorr wandered into a yoga studio?and fell down a rabbit hole

Hell-Bent explores a fascinating, often surreal world at the extremes of American yoga. Benjamin Lorr walked into his first yoga studio on a whim, overweight and curious, and quickly found the yoga reinventing his life. He was studying Bikram Yoga (or "hot yoga") when a run-in with a master and competitive yoga champion led him into an obsessive subculture?a group of yogis for whom eight hours of practice a day in 110-degree heat was just the beginning.

So begins a journey. Populated by athletic prodigies, wide-eyed celebrities, legitimate medical miracles, and predatory hucksters, it's a nation-spanning trip?from the jam-packed studios of New York to the athletic performance labs of the University of Oregon to the stage at the National Yoga Asana Championship, where Lorr competes for glory.

The culmination of two years of research, and featuring hundreds of interviews with yogis, scientists, doctors, and scholars, *Hell-Bent* is a wild exploration. A look at the science behind a controversial practice, a story of greed, narcissism, and corruption, and a mind-bending tale of personal transformation, it is a book that will not only challenge your conception of yoga, but will change the way you view the fragile, inspirational limits of the human body itself.

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The actual book Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga has a lot associated with on it. So when you read this book you can get a lot of help. The book was published by the very famous author. Tom makes some research prior to write this book. This specific book very easy to read you can get the point easily after perusing this book.

Willie Wilson:

Exactly why? Because this Hell-Bent: Obsession, Pain, and the Search for Something Like Transcendence in Competitive Yoga is an unordinary book that the inside of the publication waiting for you to snap the idea but latter it will zap you with the secret it inside. Reading this book next to it was fantastic author who write the book in such remarkable way makes the content inside of easier to understand, entertaining way but still convey the meaning completely. So , it is good for you for not hesitating having this nowadays or you going to regret it. This phenomenal book will give you a lot of benefits than the other book get such as help improving your ability and your critical thinking means. So , still want to delay having that book? If I were you I will go to the e-book store hurriedly.

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