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

By Ben Lorr, Benjamin Lorr

Audible Studios on Brilliance, United States, 2016. CD-Audio. Book Condition: New. Unabridged. 171 x 133 mm. Language: English . Brand New. 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...



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### Reviews

*Very useful to any or all group of men and women. It is written in basic words instead of difficult to understand. I realized this ebook from my i and dad recommended this publication to understand.*

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