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Starting Over a collection of stirring pieces on the topic of beginning again Just a few of the compelling writers and astute thinkers in the mix Martha Beck who advises us that embracing failure may lead to our greatest successes Kelly Corrigan who writes that accepting our lack of control can be both freeing and healing and Junot Diaz who offers reassurance that pushing ahead even when it feels impossible is the way to become the person we were meant to be With moving stories practical insight and unforgettable voices O s Little Guide to Starting Over is an essential road map for those who are breaking free rising above and making their way forward *Yoga Journal*, 1998-07 For more than 30 years Yoga Journal has been helping readers achieve the balance and well being they seek in their everyday lives With every issue Yoga Journal strives to inform and empower readers to make lifestyle choices that are healthy for their bodies and minds We are dedicated to providing in depth thoughtful editorial on topics such as yoga food nutrition fitness wellness travel and fashion and beauty

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