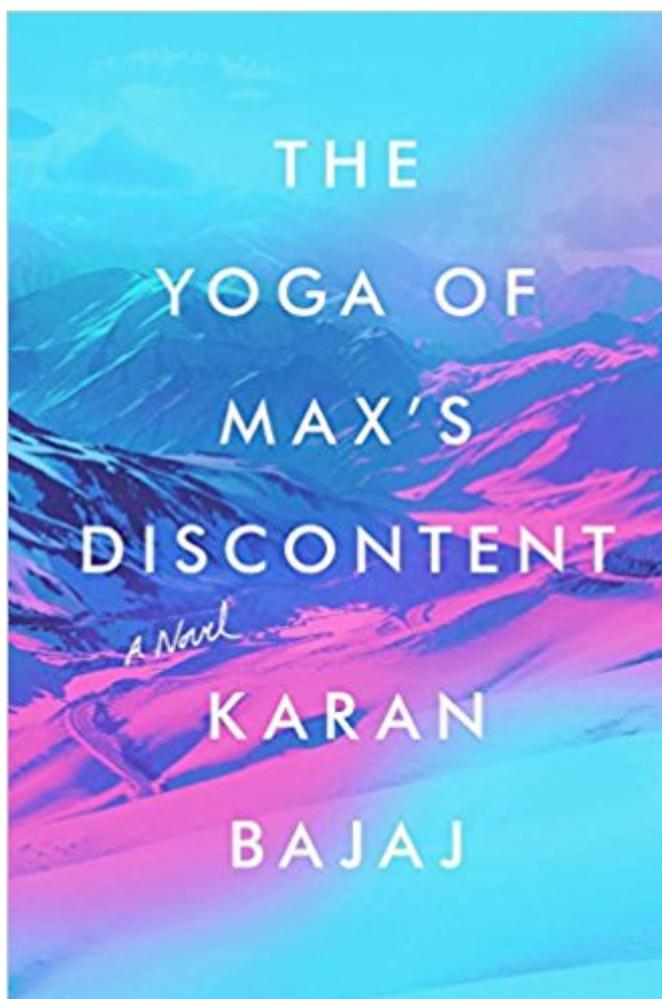


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The Yoga Of Max's Discontent: A Novel



Synopsis

In this captivating and surprising novel of spiritual discovery—a No. 1 bestseller in India—a young American travels to India and finds himself tested physically, emotionally, and spiritually. Max Pzoras is the poster child for the American Dream. The child of Greek immigrants who grew up in a dangerous New York housing project, he triumphed over his upbringing and became a successful Wall Street analyst. Yet on the frigid December night he was involved in a violent street scuffle, Max begins to confront questions about suffering and mortality that have dogged him since his mother's death. His search takes him to the farthest reaches of India, where he encounters a mysterious night market, almost freezes to death on a hike up the Himalayas, and finds himself in an ashram in a drought-stricken village in South India. As Max seeks answers to questions that have bedeviled him—can yogis walk on water and live for 200 years without aging? Can a flesh-and-blood man ever achieve nirvana?—he struggles to overcome his skepticism and the pull of family tugging him home. In an ultimate bid for answers, he embarks on a dangerous solitary meditation in a freezing Himalayan cave, where his physical and spiritual endurance is put to its most extreme test. By turns a gripping adventure story and a journey of tremendous inner transformation, *The Yoga of Max's Discontent* is a contemporary take on man's classic quest for transcendence.

Book Information

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Customer Reviews

When I first opened this book, (ebook, to be exact) I was CERTAIN I would never be able to finish it.

What a shameful assumption. Let me be frank. I have never been to India. I understand ZERO about the Yoga concepts, know nothing of the Yogi, I simply thought my ineptitude would swallow me whole, and I'd have to give up on the novel. Boy. Was. I. Mistaken. And happily so... the next thing I know, I'm staying awake MUCH later than I should, night after night, because at this time of year, I'm so busy, the only time I have to read is when I crawl in bed, for perhaps up to an hour, before my lids crash, and I fall asleep with my Kindle on my face. But here I was, peeking at my phone at 1 a.m., scolding myself for the upcoming morning that begins at 630, like it or not, and then, I continue to read just another page, another chapter, you get it... Here's my summary: (I'll tell you enough, but never so much as to take away from your reading experience) We meet Max. He is, by definition, a very successful man. A Harvard grad, an analyst on Wall Street, a loving son and brother. An yet... He feels as though something is 'missing' . Max grew up in the Projects in Bronx. His mother worked 2 jobs to give her kids a better life. As a result, there was very little time spent with her children. Max played the role of a punk by day, smoking, cursing, fighting, all to 'fit in' in a place he never wanted to be. At night he studied, all night, to ensure his education lifted him from the slime in which he was growing up. In a random shooting, at 13, he merely lost teeth, but watched his friend Andre's life change in an instant, as a stray bullet takes from him, the ability to walk.

In a time where Yoga has become so Westernized, watered-down and bastardized, with many westerners creating books about yoga that are amusing at best but at worst full of spiritual materialism and petty wisdom, this book is a breath of fresh air. While people try to describe what they think yoga is, they don't offer much in terms of how that yoga is lived out in a visceral and authentic way. Going to Yoga class is just like going to the gym, meditating is just like going to a spa. Or worse It's just a bunch of ideas and talk about Yoga, but there is no Yoga in their Yoga. This book is different. The main plot is not original- an American named Max is looking for the meaning of life and goes to India to seek answers and gurus. Nothing special there, Westerners have been obsessed with India at least since the Beatles made Transcendental Meditation cool and hip. But What I love is that the teachers (gurus) who influence Max are not presented by their big ashrams or talk shows or vast knowledge of the Vedas. I am turned off by yoga teachers engaged in a battle of my-guru-is-better-than-yours or worse have the stories of the Gods mixed up. But here the Gurus are depicted by HOW they live. There's not a long discourse on Advaita Vedanta or Tantra. Somehow the author is able to explain the essential beliefs of Hinduism without it sounding like a religious sermon, instead concepts such as karma, reincarnation, enlightenment are presented as

aspects of life that humans experience whether they are Hindu or not, these teachings are Universal, but they are presented in the context of Yoga as a quest for enlightenment... which is what Patanjali calls Samadhi...then the Seeker discovers his own true splendour.

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