



Yoga for People Who Can't Be Bothered to Do It

Geoff Dyer

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This isn't a self-help book; it's a book about how Geoff Dyer could do with a little help. In mordantly funny and thought-provoking prose, the author of **Out of Sheer Rage** describes a life most of us would love to live—and how that life frustrates and aggravates him.

As he travels from Amsterdam to Cambodia, Rome to Indonesia, Libya to Burning Man in the Black Rock Desert, Dyer flounders about in a sea of grievances, with fleeting moments of transcendental calm his only reward for living in a perpetual state of motion. But even as he recounts his side-splitting misadventures in each of these locales, Dyer is always able to sneak up and surprise you with insight into much more serious matters. Brilliantly riffing off our expectations of external and internal journeys, Dyer welcomes the reader as a companion, a fellow perambulator in search of something and nothing at the same time.

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