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Cloud Cover: A Memoir of Perseverance and Transformation (Paperback)

By Margot S Milcetic

Createspace Independent Publishing Platform, United States, 2013. Paperback. Condition: New. Language: English . Brand New Book ***** Print on Demand *****.REVISED OCTOBER 2014. Born in Boston in 1953, traveling the world, eschewing a college career at Brown University in Rhode Island, in the 70s, Margot Milcetic turns her focus to meditation for peace of mind. Eventually, she lands in Kent, Ohio, in a home by a lake, married with two children, trying to find herself, and creating an extraordinary life in an ordinary householder package. Meditation and yoga help her to heal herself, living in the beauty of nature, enabling her to transcend a devastating diagnosis, become an equal, loving partner to her spouse, find meaningful work and ultimately expressing her voice. She integrates within herself what felt unmoored and fractured. Today s yoga practitioners will especially appreciate this account of how yoga and meditation transcend our circumstances. Milcetic offers a glimpse into the non-traditional life when yoga was a strange, exotic practice, especially in the traditional Midwestern landscape. The inner freedom she fought so hard to achieve, she finds in the lap of the world. Space in Iowa was vast. Storms blew in with thick banks of clouds crossed...



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